This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

+ *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.

+ *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.

+ *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.

+ *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

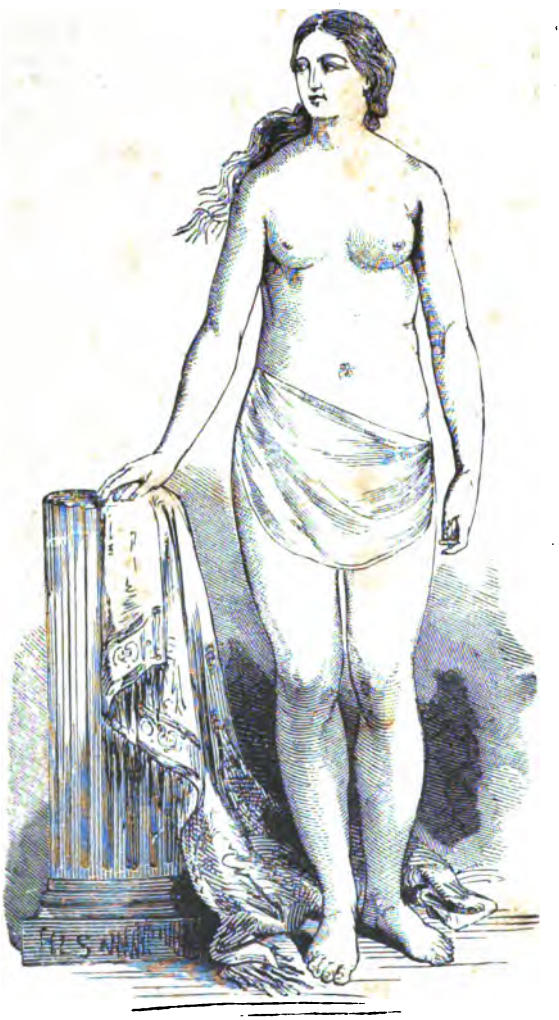
About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at `http://books.google.com/`

B 1,641,557

MAN'S STRENGTH AND WOMAN'S BEAUTY

THE UNIVERSITY OF MICHIGAN
LIBRARIES
THE UNIVERSITY OF MICHIGAN
1817



WOMAN'S BEAUTY.—THE PERFECT PHYSICAL FORM.

MAN'S STRENGTH AND WOMAN'S BEAUTY

A TREATISE ON

THE PHYSICAL LIFE

OF

BOTH SEXES

EMBRACING THE

ROYAL ROAD TO LIFE, LOVE, AND LONGEVITY

INCLUDING

AN OUTLINE OF HOW HUMAN LIFE BEGINS; ITS GROWTH AND EXPANSION IN YOUTH; ITS PERFECTION UNDER THE LAWS OF LOVE; AND THE GENERAL DISCIPLINE BY WHICH ITS HAPPINESS IS FOSTERED AND MATURED.

By P. H. CHEVASSE, M.D.

Fellow of the Royal College of Surgeons, England.

WITH NOTES AND ADDITIONS BY AN EMINENT AMERICAN AUTHOR.

Illustrated.

JONES BROTHERS & COMPANY:

CINCINNATI. CHICAGO. ST. LOUIS. DALLAS, TEX.

BUHR/GRAD
HQ
31
.C49
1879.

DEDICATED

TO THE

Sons and Daughters of America,

IN PROMOTION OF

INDIVIDUAL WELFARE, DOMESTIC HAPPINESS,

And National Prosperity.

COPYRIGHT, 1879, BY JOHN T. JONES.

[illegible]
[illegible] 06

PREFACE

THE subjects presented in this volume are of the highest importance to every man and woman, and yet, for various reasons, their discussion is attended with peculiar difficulties. From their very nature, they must be treated with the utmost tact and delicacy; and it must be apparent that the object of the writer is simply to give needed information—to put the reader in possession of the facts of science with regard to the matters discussed—and not to feed the prurient fancies of a vulgar mind; else the feelings of right-minded men and women will be outraged, and they will rightly exclude the volume from their homes. This is the manner in which, until recently, these subjects have *not* been discussed.

But if the nature and the history of the discussion of these questions have rendered their presentation difficult, these same reasons cut off those who need to be informed. They are matters which young people hesitate to inquire about from those who are older. The daughter shrinks from seeking information even from her mother, and the mother often has little or no knowledge to impart, and thus the maiden becomes a

wife totally unprepared for the perils of her new relations.

This whole subject has of late received the attention of some of the most distinguished members of the profession in England, France, and Germany, and has called forth several works from authors of the highest professional character and reputation. Of these, perhaps the most widely celebrated is the recent work of PYE HENRY CHAVASSE, of the Royal College of Surgeons, London, entitled "Advice to a Wife." This admirable work, which is undoubtedly the most thoroughly scientific, as well as the fullest and most complete work of the kind ever published, has been made the basis of the present volume. To this has been added Part First, "Advice to a Maiden," and Part Third, "Advice to a Man," compiled mainly from the recent works of A. DEBAY, VAN AMMON and other French and German writers. The whole has been carefully revised and edited by an eminent American medical writer, and comprises a complete and authoritative manual of information on the topics treated.

CONTENTS.

PAGES

INTRODUCTORY, ... 10-14

ADVICE TO MAIDEN.

CHAPTER I.

THE FEMALE CHARACTER AND DISPOSITION, . . 15-17

Differences of the Sexes—Puberty—Effects of Education—Monthly Periods—Change of Life—Importance of Menstruation—Activity during Menstruation—Education—Disorders of Menstruation—Other Troubles—Green Sickness—Hysteria; Causes and Treatment—St. Vitus' Dance—Catalepsy—Secret Bad Habits—Concluding Advice.

CHAPTER II.

LOVE: THE SEXUAL INSTINCT, ... 48-69

Its Influence—Its Design—Coquetry—Courtship—Qualifications for a Happy Marriage—The Engagement—At what Age to Marry—Length of Engagements—Should Consumptives Marry?—Should Relations Marry?—Should Different Nations Intermarry?—Polygamy; its Influence on the Offspring.

HINTS TO THE MARRIED.

CHAPTER I.

THE CEREMONY, ... 70-98

Course to be Pursued after Marriage—Sexual Prudence—Can the Sexes be Produced at Will—The Limitation of Offspring—When the Marital Relation should be Suspended—Should there be Separation—Condition of Parents—Hereditary Predisposition—Marriage of Persons too nearly Allied in Consanguinity—Age at which Persons Marry—State of Health of Parents—Influence of Parents on their Offspring.

ADVICE TO A WIFE.

INTRODUCTORY CHAPTER.

PAGES.

ESPECIALLY ADDRESSED TO A YOUNG WIFE, . . . 99–172

Health of Wives—Fruitless Wives vast in Number—Fashionable System of Spending Married Life—A Childless Home—Mission of a Wife—Importance of Exercise—Ventilation—Barrenness of Women—Ablution—Fruitful Women—Diet and Beverage of a Young Wife—Effects of Stimulants on Women—Results of Champagne—Evening Parties—Sleep—Early Rising—Morning Exercise—The Idle Wife—Dangers of Young Wives Dancing—Dress—Pleasures—Cheerfulness—Occupation and Duties of Wives—Swedish Ladies—"Blue Stocking" as a Wife—Concluding Remarks.

CHAPTER I.

MENSTRUATION, ... 173–184

The most important Epochs of a Woman's Life—Age when Menstruation Commences and Ends—Effects of the Climate—Menstruation during Pregnancy—When Healthy—Quality, etc.—"Change of Life."

CHAPTER II.

PREGNANCY, ... 185–250

Signs of Pregnancy—Care of Health during Pregnancy—Clothing—Ablution—Air and Exercise—Ventilation—Drainage—Necessity of Occasional Rest—Food—Sleep—Ailments of Pregnancy—Medicine—Miscarriage—False Labor-Pains—Period of Gestation—The "Count"—Being out in the Reckoning—Is it a Boy or a Girl?

CHAPTER III.

CONFINEMENT, ... 251–294

Symptoms of Labor—Preparations for Labor—Chloroform in hard and in lingering Labor—Hints to Attendants in case the Doctor is unavoidably Absent—Rest after Delivery—Clothing after Labor—Refreshment—Bandage

PAGES.

after a Confinement—Position—The Lying-in Room—The Bladder—The Bowels—"Cleansings"—Ablutions—Rest and Quietude—Dietary—Beverage—Change of Room—Exercise in the Open Air.

CHAPTER IV.

SUCKLING, ... 295–332

Duties of a Nursing Mother—The Breast—Stated Times for Suckling—Clothing—Dietary—Air and Exercise—Position of Mother during Suckling—The Temper—Occupation—Ailments, etc.—Aperients—Weaning.

CHAPTER V.

CARE OF INFANT, ... 333–380

Ablution—Management of the Navel—Clothing—Diet—Vaccination—Dentition—Exercise—Sleep—The Bladder and the Bowels—Ailments, Disease, etc.—Concluding Remarks on Infancy.

ADVICE TO MAN.

CHAPTER I.

REPRODUCTION, ... 381–388

The Preservation of the Species—The Difference between the Sexes—Their Mutual Attraction.

CHAPTER II.

CELIBACY—CONTINENCE, ... 389–394

The Disgrace of Celibacy—Opinions of Celebrated Writers—The Difference between Continence and Chastity—Evils of Prolonged Continence—Monks and Nuns—Masturbation—Its Cure—Libertinage—Examples—Its Degrading Effects.

CHAPTER III.

PAGES.

MARRIAGE, ... 395–399

Its Object and Influence—The Period of Nubility—Precocious, Late, and Disproportioned Marriage—The Evils of its Neglect—The Longevity of the Married—The Charms of Married Life.

CHAPTER IV.

PHYSICAL HYGIENE, ... 400–405

Habitation—Its Requisites—Clothing—Exercise and Repose—Food and Drink—Their Character—Sleep—Necessity of—Time of, and Duration—Baths—Mental Exercise—Periods of Marital Intercourse—Evils of Excess upon the Body and Mind.

CHAPTER V.

MORAL HYGIENE, ... 406–412

Conjugal Fidelity—Jealousy—Ancient and Modern Customs—Man's Conduct to his Pregnant Wife—Ancient Laws—Modern Views—Are Illegitimates favored by Nature—Contrast between the Offspring of True Love and Passion.

CHAPTER VI.

HEREDITARY INFLUENCE, ... 413–416

Its Laws—Exceptions—Mysterious Phenomena—Curiosities among Animals—Some Attempted Explanations.

CHAPTER VII.

PHYSICAL TRANSMISSION, ... 417–424

Its Universality—Evils of Precautionary Neglect—Ancient and Modern Examples—The Transmission of Stature, etc.—Of Corpulency and Color—Of Fruitfulness and Barrenness—Of Long Life—Monstrosity—Of Accidental Mutilation—Of Loss of Senses—Aversions, etc.

CHAPTER VIII.

MORAL TRANSMISSION, ... 425–428

Definition—Modifying Causes—Transmission of Intellect—Transmission of Passions—Exceptions—Its Inevitable Recurrence.

CHAPTER IX.

PAGES.
THE MYSTERY IN REPRODUCTION, ... 429–432
Influence of Different Parents—What History says—Poetry, Sculpture, and Music—Words of Cheer.

CHAPTER X.

TRANSMISSION OF DISEASE, ... 433–435
Disease and Crime—Measures of Self-protection—Mysterious Phenomena.

CHAPTER XI.

PREVENTION OF TRANSMISSION, ... 436–440
Concealment of Disease—Marriage of Relations—Selection of Habitation, etc.—Selection of Husbands and Wives—Medical Gymnastics—Conclusion.

CHAPTER XII.

CONJUGAL SINS, ... 441–444
Prevalence of—Causes—Penalties—Onanism—The Condom—Other Degradations—Purity and Impurity—The Contrast.

CHAPTER XIII.

IMPOTENCE, ... 445–448
Its Affliction—The Charlatan—Causes—Necessary Conditions of Coition—Power of the Imagination—Treatment—Aid to the Physician—Marriage of Impotents—Female Modesty—Congenital Impotence.

CHAPTER XIV.

CONCLUDING REFLECTIONS, ... 449–462
The Physical Condition of the American People—Its Causes and Amelioration.

APPENDIX.

MATERIA MEDICA, ... 463–515

ILLUSTRATIONS.

WOMAN'S BEAUTY—The Perfect Female Form
MAN'S STRENGTH—Muscles of the Front Figure
MAN'S STRENGTH—Muscles of the Side Figure
WOMAN'S BEAUTY—The Vital System
MAN'S STRENGTH—Muscles of the Back Figure
MAN'S STRENGTH AND WOMAN'S BEAUTY—The Perfect Physical Form
MAN'S STRENGTH—The Arterial System
WOMAN'S BEAUTY—Feminine Types—*Nell Gwynne*
WOMAN'S BEAUTY—Feminine Types—*M'lle La Blanche*
WOMAN'S BEAUTY—Feminine Types—*Mrs. Mowatt Ritchie*
WOMAN'S BEAUTY—Feminine Types—*Queen Catharine Alexieona*
MAN'S STRENGTH—Relation of Bones to Bulk
MAN'S STRENGTH—The Arterial System
MAN'S STRENGTH—Temperaments—*James Monroe*
MAN'S STRENGTH—Temperaments—*Napoleon Bonaparte*
MAN'S STRENGTH—Temperaments—*Silas Wright*
MAN'S STRENGTH—Temperaments—*Prof. Tholuck*
MAN'S STRENGTH—The Nervous System
MAN'S STRENGTH—Temperaments—*Hon. W. M. Panmure, M. P.*
MAN'S STRENGTH—Temperaments—*McDonald Clarke*
MAN'S STRENGTH—Temperaments—*D. C. McCallum*
MAN'S STRENGTH—Temperaments—*Thomas Moore*
WOMAN'S BEAUTY—Feminine Types—*Empress Julia Domna*
WOMAN'S BEAUTY—Feminine Types—*Isabella Albrizzi*
WOMAN'S BEAUTY—Feminine Types—*Greek Maiden*
WOMAN'S BEAUTY—Feminine Types—*Queen Christina*
MAN'S STRENGTH—Masculine Types—*Thomas Carlyle*
MAN'S STRENGTH—Masculine Types—*H. W. Longfellow*
MAN'S STRENGTH—Masculine Types—*J. Lothrop Motley*
MAN'S STRENGTH—Masculine Types—*George Bancroft*
MAN'S STRENGTH—Masculine Types—*Menschikoff*
MAN'S STRENGTH—Masculine Types—*Hippocrates*
MAN'S STRENGTH—Masculine Types—*Isaac Newton*
MAN'S STRENGTH—Masculine Types—*Shakespeare*
MAN'S STRENGTH—Masculine Types—*Wm. Makepeace Thackeray*
MAN'S STRENGTH—Masculine Types—*Herbert Spencer*
MAN'S STRENGTH—Masculine Types—*Prof. Agassiz*
MAN'S STRENGTH—Masculine Types—*John Keats*
MATERIA MEDICA—Bloodroot
MATERIA MEDICA—Calamus
MATERIA MEDICA—Bearberry
MATERIA MEDICA—Deadly Nightshade
MATERIA MEDICA—Black Snakeroot
MATERIA MEDICA—Seneca Snakeroot
MATERIA MEDICA—Pinkroot
MATERIA MEDICA—Black Henbane
MATERIA MEDICA—Purple Fox-Glove
MATERIA MEDICA—Hemlock
MATERIA MEDICA—Gentian
MATERIA MEDICA—Thorn Apple
MATERIA MEDICA—Boneset
MATERIA MEDICA—Poke Weed
MATERIA MEDICA—Camomile
MATERIA MEDICA—Rue
MATERIA MEDICA—Dandelion
MATERIA MEDICA—May Apple

INTRODUCTORY.

Sex is the key-note of creation. Animated nature, from the highest to the lowest type, is made up of male and female. And in their proper relation consists the only hope for healthful increase and improvement. To the lower animals Providence has given a law, which, in a state of nature, they never violate. They obey from necessity, not knowing how to disobey; and obedience produces its natural results—health, harmony and rapid increase. Man, alone of all created beings, has not this infallible guide; his dependence is upon *reason*.

"To whom much is given of him much is required," and man, with the gift of God-like reason, has placed upon him the necessity of self-examination and self-control. On approaching maturity he finds within himself new and strange promptings; but Nature who gave him these, does not give with them the knowledge for their proper guidance and perfect control. For that he must depend upon the teachings of experience. And patient inquiry, and long experience, with the judgment of the best minds of earth upon that experience, have developed a science of life and the laws of its origin which can be set forth with the clearness and certainty of mathematics.

As the power of reproduction—that wonderful faculty of giving life to other beings like himself, in which man

most resembles his Creator, is the most important of all merely physical powers, we should at first view, naturally expect that the mind of man would be aroused to most earnest inquiries to know the truth as to his sexual nature, that he may live in accordance with it.

But what are the facts?

There is no part of our physical nature of which there is so much ignorance as of the sexual functions, and none, consequently, in which there is so much perversion with all the sad consequences of violated law—sin, suffering, disease and death.

Even when nature would seem to teach him most and force him to inquiry, man seems most persistently ignorant. The farmer who notes with care the laws which govern the increase of his cattle, that he may add to their value and his own wealth, too often remains in dense ignorance of his own sexual being, and the terrible possibilities of abuse or excess. Some are ignorant from a mistaken modesty; more because their attention has never been properly called to the subject, and still more, perhaps, from an indifference and determination blindly to enjoy the present, letting the future take care of itself.

Their error is a fearful one! The excesses of youth are sight-drafts upon powers that belong to maturity; and he who misuses his capacities in early life, is borrowing from his old age capital upon which he must pay a fearful interest. Nature never excuses ignorance. He who violates her laws for lack of knowledge, suffers even more than he who sins against knowledge; for in most cases he violates the more important laws.

Knowledge, then, is what is needed.

Few indeed are the men or women who will persist in

a wrong course, after they know its consequences, and the way of escape; especially, when, as in this instance, the right way is easier than the wrong. It is known that one-third of the human race live miserably or die prematurely from the violation of sexual laws, either by themselves or their parents; and in nine cases out of ten, the error is of a kind that might just as easily have been avoided with proper knowledge.

Unfortunately, the whole subject of the sexual relations has long been considered by many as unfit for popular examination; by some held only as a fit subject for poetry and romance; by others for inuendo, joke and vulgar slang; and in consequence suspicion is easily aroused against every work treating upon the subject. It is easily supposed that they are addressed to a morbid curiosity, a diseased or perverted imagination; and many go so far as to say that all knowledge on the subject is hurtful.

Time was when designing rulers in state or society excluded certain knowledge from the people in their power; and the world was all the worse. Time is, when every avenue is open, without regard to person or to sex, for the truth of that trite old proverb, "Forewarned is forearmed," meets with universal recognition. To the power and the safety of knowledge, then, all hail!

It is not now, and it never was knowledge, in itself, which conveyed the evil; but simply the manner in which it was imparted. In describing a subject of the nature, for instance, of the present volume, the few facts presented were clothed in a language and illustrated in a manner to excite the most prurient ideas—the rankest indecencies paraded under the flimsiest kind of veil,—and it was apparent at once that the aim and design of the

work was of the most mercenary nature. So sad have been the results of such publications as to call down upon them the merited execrations of moralists everywhere. In the presentation of the present volume, it is hoped that the happy mean has been found; that most useful knowledge has been disseminated, couched always in language that shall not offend the most fastidious delicacy.

It is proposed to discuss the physical life of man and woman at all periods of life, from infancy to age. Our little volume will attempt to portray the laws whose observance conducts to health and happiness, and whose infraction, to disease and misery; the care and nurture of the infant; the training and education of boyhood and girlhood; the attractions, and, at the same time, the dangers of society; the alliances of the sexes; their mutual relations and conduct; man and woman in youth, in vigor, and in age; in short, all the conditions necessary to that highest earthly good —home and domestic joy.

Should it be successful in any way of exercising a good influence upon society—should it ever cause one single reader to pause and reflect upon the dangers of the path, perhaps just about to be selected for the journey through life, its end will be fully attained.

ADVICE TO A MAIDEN.

CHAPTER I.

THE FEMALE CHARACTER AND DISPOSITION.

Differences of the Sexes—Puberty—Effects of Education—Monthly Periods—Change of Life—Importance of Menstruation—Activity during Menstruation—Other Troubles—Green Sickness—Hysteria: Cause and Treatment—St. Vitus' Dance—Catalepsy—Secret Bad Habits—Concluding Advice.

A PROPER education must be based upon the peculiar character and disposition of the subject to be trained. It has, then, been considered best to select from "Darwin and Hufeland's Physical and Moral Training," a few thoughts upon this subject as a fit preparatory chapter to our theme.

The basis of the female character is thus portrayed: Delicacy of feeling, gentleness, softness, mildness, mental as well as physical pliability; a stronger impressibility to external influences; less individuality, easier excitability, but, with all this, a powerful innate endurance, and a much greater sympathy for the pains and sufferings of others than the more selfish male. As she has less physical strength, she is more timid; but likewise, for the same reason, more modest and chaste. She has a finer sense of the beautiful, and is herself, by nature, more graceful.

She is possessed of less violence in passion, but greater depth of feeling; therefore she is better adapted for the quiet and security of domestic life—the life of the hearth and of the heart—than for the outer life of the stormier world. Hers are the quiet and gentle virtues, which render others happy, more than the brilliant and heroic deeds which fill the world with admiration. She is adapted more to please than to command—more for the power of the heart than of the reason. By all these is she fitted for those divine virtues—love, faith, hope, and fidelity.

But just this disposition, which lays the foundation for the highest and holiest actions of life, may become, under false guidance, the source of many of the gravest errors which are, alas, so often committed, and are to be regarded as characteristic of the female sex. These are: immoderate rule of the phantasy, an imagination like romance, superstition, vanity, coquetry, and love of dress, even obstinacy, at times, in a total surrender to the dictates of feeling and passion; and when the innocence and purity of the heart, which alone preserve her as with the power of a charm, are lost, and the light and power of religion have faded and ceased, then even the deepest degradation, and, alas! infamy.

In considering the female disposition, we are astonished at the wonderful relationship which exists between her mind and her body. The female disposition, is to be a woman in the truest and noblest sense of the word, as the writings of the Holy Scriptures have expressed it, in terms so true and perfect: "to be a helpmate." She lives not for herself, but for others; she finds her own happiness in theirs, and makes pure and heavenly love an

element of her being and life: all this in the still circle of her hearth-stone, where she learns, by serving, to exercise so sovereign a rule. How beautifully Gœthe describes this in his character of Dorothea: "For, it is only by serving, that she finally rules—that she attains to the power in the home which, by nature, pertains to her Her life is a continual going and coming—a lifting and bearing, a preparing and performing for others. Well to her if she be so accustomed that no way is too hard. The hours of night are the same as the hours of day, the work is never too lowly, the needle never too fine, that she may not entirely forget herself, and live only for others. For, as mother, she needs the possession of every single virtue."

That is the disposition of woman! A high, a godlike calling! If self-denial be the highest obligation of man, for woman is the obligation double. What severe duties are imposed upon her, and what an amount of self-denial she is capable of, we see around us in the experience of every-day life.

What a self-sacrifice is demanded in the care and nurture of sick children and husbands—in the everlasting endurance of capricious and passionate relatives. Has not many a woman demonstrated, in the patience and endurance for children and husbands, a heroism of which man is not at all capable. It is the heroism of love, and love, as she feels it, truly "overcomes everything!"

And this is not only evident in the life of the mother and the wife. The unmarried woman busies herself with the training of others' children—in the duties of friendship and charity, in the support of the poor, unfortunate,

and forsaken, and, as the Sister of Charity, in the entire surrender of herself to heaven and religion. The female heart, by its nature, stands in nearer relation to heaven than the colder reason or stronger passion of the male. Hers is of such character that she may plant the first germ of religion in the tender heart of the child, watch over it through all the storms of life, in all misfortune and accident. Many the house in which hers is the only hand to feed this holy flame! The female sex was given to man as a model—as a heaven-conductor. From it he is to learn love; and if there exists a people where this sex is dishonored, the degradation of that people is assured.

Did not Christ himself recognize the dignity and worth of the female sex?—and did he not support it by his example and association? It is indeed true, as Barret says of the female sex in his hymn of praise:

"They never betrayed the Savior with treacherous kiss. They did not deny Him with unholy mouth. They remained when the apostles fled, and bade defiance to the danger. It was a woman who gave Him to us: a woman was last at the cross, and a woman was first at the resurrection!"

And now for the application to the female education. This is easy, for the basis of her character is already given—viz: Quiet, Love of Home, Propriety, Piety, Gentleness, Industry, and Virtue; a proper cultivation of the spirit and the feeling, taste in dress, and, above all, that which crowns the rest, true Religion.

Alas! that she should ever depart from these lines marked out for her by Nature. Alas! that Society interposes and substitutes others of her own. Instead of the cultivation of the heart and character—the inner virtues—

the more showy and attractive charms of the world are sought; instead of home, society. Art supplants nature, and at last outroots it.

From what has been said, it is apparent that the true end of female education is, in general, better attained in the house of her parents. But there is here often the great objection—that mothers themselves are unable to instruct their own daughters. In such case the greatest care should be exercised in the selection of the so-called boarding-school; as here the seed is deposited which shall bring forth of its kind.

PUBERTY—DIFFERENCE BETWEEN THE SEXES.

Even as early as the tenth year, the sexes begin to present marked differences. This is partly manifest in the body; more in the sentiment and thought. Whether from education or other cause, the muscular system of the male youth develops more than the maiden; his color is deeper; his skin less soft and pliant. His eyes are also more fiery—indicative of the more ambitious spirit within. His soul is filled with ideas of heroism and glory. With the maiden, on the other hand, the mind is more concentrated on the means of personal attraction. She desires to excel in the graces of beauty, in the brilliancies of the toilet, and in the charms of society. Her sentiments are already directed to love, and she is already in stronger sympathy with the feeble and suffering. It is worthy of remark that the period of youth does not possess the same limits for the male as for the maiden. The male enters his adolescence at sixteen years; the female, in our climate, at fourteen or fifteen, and in the larger cities even a little earlier. As this age is reached,

development awakens from its slumber and proceeds to unfold the characteristics of the sexes in a more and more marked degree. The period of reproduction has now arrived, and the difference between the sexes is complete. These marked differences will be discussed in detail in a future part of our work; hence we may content ourselves with this mere notice, as given by Longet, here.

At the beginning of puberty there is observed a decided elongation of the body, a gradual increase of height, which finally reaches the limit allotted to man. The bones become more solid, and the wisdom-teeth appear. But the most marked phenomena are those observed in the organs of generation. In the female—and we are limited to the female organs here—the ovaries, the little egg-containing bodies, which are situated one on each side of the womb, become larger in every direction, and more abundantly supplied with blood: the womb itself increases in size, particularly in the body of the organ, and its lining membrane thickens and assumes a darker hue from its greater blood supply. The phenomenon of menstruation is now established. Other sympathetic manifestations appear: the breasts enlarge, and the nipple is surrounded by its areola (ring) of delicate pinkish hue.

While in man the changes of puberty are more confined to the exterior, in the female they are internal; her body still preserving the delicacy of its skin and the roundness of contour from the persistence of the adipose (fatty) tissue of infancy.

In man as in woman, new ideas are born as new organs are developed and new functions established. Imagination precedes realization, and voluptuous dreams are manifest long before the sexual function is used. In man

the necessity of love is betokened by an expansive ardor which ennobles his heart; in woman, by a melancholy sadness which often occasions her strange alarm. In man it produces the outbursts of passion in various demonstrations: his love is ardent and violent. In woman it induces a general languor, a strict maintenance of propriety, calmness of visage and apparent indifference; her diffidence is preserved up to the moment of matrimony even — sometimes a long time after; her love is quiet and profound. Man loves more in general; he loves at first without knowing whom he loves; he loves women without loving one. The maiden, on the contrary, creates an ideal which she adorns with all the charms which her imagination can invent: upon this she concentrates all her love; she searches it day by day; it haunts her by night in her happiest dreams; sweet illusion, which, alas! is but too often substituted by a sad reality.

For her, too, solitude is a necessity; she desires to be alone with her thoughts. Man, on the other hand, seeks the society of women; he pursues them every-where, and is pleased even with the touch of the dress. For man, love is an end; for woman, but a means of becoming a mother, for the young mother exists already in the heart of the young maiden; to her eyes the sexual union is less the satisfaction of a desire than the origin of a hope; for woman loves, long before its birth, the infant within her breast; he loves it only when received in the family.

EFFECTS OF EDUCATION.

But, education, without doubt, profoundly modifies the manifestations of the sex. Among savages, as among the lower animals, the female experiences the same necessities

as the male, and participates in the same desires. The false laws which our own society imposes, more and more remove her from the position which Nature gave her, and she delights far less in the thoughts of maternal love than in the allurements and fascinations of society. Thus it becomes irksome to her to be a mother; it imposes what she now considers heavy obligations, and from which she would fain escape. She finally resorts to means to prevent the consequences of marriage as ordained by an all-wise Nature, and brings down upon her the most grievous penalties. But woman is not by any means alone to blame for this. The disgraceful laws of our land, which cheapen female labor and confine her, by society's opinion, to certain avocations of life, where she can not meet a just compensation on the one hand, and the powerful influences of caste and wealth on the other, tend more than aught else to this lamentable end.

MONTHLY PERIODS.

We pass now from this digression to the discussion of the sign of puberty in the female, the sign of development and sexual perfection—Menstruation.

Menstruation, so called from the Latin word *mens* (a month), is that wonderful phenomenon of the female sex which is evidenced in a periodic escape of blood.

However vague and wild the suppositions of ancient times may have been upon this subject, modern science to-day possesses full explanation. It is now well known that the ovaries—the little egg-containing bodies before referred to—contain within their meshes some 20–40 minute vesicles, or cells, from the earliest period of life. These lie dormant in the ovary until puberty, when, as by

a touch, the whole genital system is excited, including, if not originating in, the ovaries. One by one, as month after month passes away, these little vesicles or eggs rise to the surface, rupture the covering of the ovary, and escape into the tubes which carry them to the womb. Should they anywhere in their course meet with the vivifying sperm of the male, the egg develops into all the complex structure of man. Should they not encounter the moving, life-imparting particles of the sperm, they are lost in the menstrual blood. As this general excitement is experienced, the lining membrane of the womb is rendered turgid with blood; finally it can contain no more, and it escapes into the womb, and finds its more or less ready exit outside. This is the phenomena of menstruation; the ripening of the vesicle, its escape from the ovary and turgidity of the membrane of the womb, with the outpouring of blood.

But these little vesicles, though they only pass out, in the rule, but once a month, may and do escape at other times under the stimulus, particularly, of sexual intercourse, which so closely resembles that of the regular menstrual period. How absurd, then, the belief that impregnation may be escaped by intercourse during the intervals of menstruation. The Jews, in some lands, are forbidden to have intercourse with their wives during this period, the so-called period of uncleanness, and for a certain time before and after it; and yet do we not notice that of all people in the world, Jewish women are the most fecund? It is, however, nevertheless true, that while conception may and does occur at any time, it is more likely to occur when intercourse is practiced immediately before or after menstruation.

CURIOUS CASES.

Certain cases are moreover recorded where women have never menstruated at all, and yet borne children regularly. In such cases ovulation (the ripening and escape of the vesicles) occurred regularly, but the lining membrane of the womb failed to discharge its blood. Then there are other cases where menstruation existed without ovulation—that is, blood appeared, but no vesicles ripened. Such cases are always sterile. The courtesan is often an instance of this kind, though the reason why she so often escapes pregnancy is found in the fact that the egg which regularly escapes can not find vent through the tubes, because of their occlusion by the various inflammations which their exposure and constant genital excitement causes. From observations by Raciborski, who had made the study of this subject the labor of his life, it is settled that menstruation appears between the ages of thirteen and sixteen—the difference being due to climate and temperature. Thus from four to eight degrees in latitude establish menstruation about one year earlier. The degrees can not be given with exactitude, because isothermal (equal heat) lines are not in correspondence—six degrees temperature alone making a precocity of seven months. He has shown, too, the influence of caste in its early appearance. It is manifest a year or two earlier in fashionable life, which stimulates the genital system in a marked manner, terminating its duration, however, to a compensatory degree. As to the probabilities of conception, the same author differs radically from most others, in that he claims that the menses only appear after the ovum is lost; hence this period is the most unfavorable for impregnation.

A. *Platisma Myoides*—broad muscle of the neck.
a. *Sterno-Hyoideus*—muscle between the breast and tongue bones.
b. *Mastoideus*—mastoid muscle.
B. *Deltoides*—the muscle covering the shoulder-joint.
C. *Biceps Brachii*—two-headed muscle of the arm.
D. *Pronator Radii Teres*—pronating muscle of the arm.
E. *Supinator Radii Longus*—supinating muscle of the arm.
F. *Flexor Carpi Radialis*—radial flexor of the wrist.
G. *Palmaris Longus*—long bending muscle of the hand.
H. *Flexor Carpi Ulnaris*—ulnar flexor of the wrist.
I. *Pectoralis Major*—large muscle of the chest.
K. *Obliquus Descendens*—oblique descending muscle.
LL. *Rectus*—Straight muscle.
L. *Linea Semilunaris*—semilunar line.
M. *Linea Alba*—white line.
N. *Poupart's Ligament*—Poupart's ligament.
OO. *Sartorius*—the "tailor's muscle."
P. *Tensor Vaginae Femoris*—stretcher of the fascia lata.
U. *Psoas Magnus*—large lumbar muscle.
V. *Vastus Externus*—great external muscle.
W. *Rectus Femoris*—straight femoral muscle.
X. *Vastus Internus*—great internal muscle.
Y. *Gastrocnemius*—muscle of the calf of the leg.
y. *Soleus*—a broad flat muscle of the leg.
Z. *Tibialis Anticus*—anterior muscle of the leg.

MAN'S STRENGTH. MUSCLES OF THE FRONT FIGURE.

CHANGE OF LIFE.

Once appeared regularly—for at first it is for a few times rather irregular—it denotes the change from girlhood to womanhood. What a wonderful transformation! The whole nature, mental and physical, has undergone a remarkable change. The girl, who was so boy-like in action, conversation, and thought, is now shy and timid, coquettishly shunning the members of the opposite sex, yet feeling a new and secret pride in their compliments and attention. Her cheeks assume a flush of beauty, her breasts develop and her body grows full by the deposition of fatty tissue beneath the skin, giving that *embonpoint* with which painters like so much to clothe their creations. Now, for the first time, appears the MENSTRUATION—a strange discharge to her if she has had no warning of it. She thinks she has some fearful disease, and, in her shame, tries to hide it. This is the time when parents can show a real kindness to their daughters by a full and honest explanation, and so save them from doing, in their ignorance, what would blight their future lives. Serious troubles arise in allowing undue pressure on the breasts as they are enlarging, and, in after life, mothers have reason to remember vividly the time when they were too timid to say their clothing was too tight. It can not be too earnestly insisted, that clothing should be comfortable in every respect; not so tight as to produce that immoderate heat which comes from pressure, nor so loose as to mar the grace of the fit. Tight lacing must be avoided under any circumstances, not so much because it hampers the action of the heart and lungs, but because it

gradually forces the stomach, liver, spleen, kidneys, and intestines down against the ovaries and uterus, producing, at length, discomfort and serious disorders.

IMPORTANCE OF MENSTRUATION.

Woman is a receptive being. Her nature is so constituted that in every lunar month the energies of her physical being are gathered up and directed to the development of the life she is to receive from without. If the life element does not come, then all this material she has accumulated assumes a poisonous character, and must be thrown from the system, or its presence will be the cause of disease and finally death. It is providential that there is an easy way to eliminate this poison. In healthy girls of our climate the discharge usually appears about the fourteenth year, and continues regularly, and in sufficient quantities to satisfy the demands of health, till about the forty-fifth year. The first evidence of its periodical return is a particular odor, followed by a dull, white discharge, which soon becomes brown, and lasts for a day or two; it then assumes a red color, on account of the quantity of blood in it, and ceases in three or four days. During this time there is more or less suffering from pains in the back and loins, accompanied by irritability of temper, lassitude, and despondency. The patient's mind, in general, is not capable of good work, nor should any be required of her.

Menstruation is a sacred function, and should be protected at all costs. But some persons ignorantly tamper with it. There are thousands of women today who would cheerfully give their best possessions

to be free from the troubles their youthful indiscretions have brought upon them. And this is not all. The clods of the valley have fallen on the youthful forms of many fair ones who were careless of themselves during the menstrual flow.

A beautiful girl was invited by her lover to accompany him to a reception one winter evening. The flow was upon her. She was anxious to go, but this was in her way. She lacked judgment and courage to decline, so *she walked out into the snow barefoot, checked the flow, went to the reception, and had a pleasant evening!* Menstrual disorders immediately set in, and in two short months her sorrowing friends laid her body in the grave.

An ignorant modesty has many times made young girls ashamed of the flow, and they wade in water, wear wet linen, and use other means to suppress it, so that their clothing shall not go into the family wash soiled. If they live, it is with the burden of a chronic disease, which renders their lives miserable and all about them unhappy.

ACTIVITY DURING MENSTRUATION.

Nothing at all must be thought of during the molimen but REST. In the four or five days of its continuance, the uterus and ovaries are congested by the large amount of blood flowing to them; but if severe physical or mental labor be pursued, the blood will be drawn away to the brain or muscles, leaving the sexual organs without the proper supply. Girls, who are ambitious, need not fear that they are wasting their time if they do nothing at this period. Health saved

is time gained. However, the days may be passed profitably in cheerful conversation, short walks, reading of a light, varied, but not trashy character; above all, the maiden must not become excited or passionate. If she notices that something is likely to occur to render her so, she must withdraw and engage in pleasant recreation.

EDUCATION.

Girls must be educated; but it should not be done in such a manner as to ruin that jewel of womanhood —MATERNITY. Until the second dentition they are exceedingly tender. The entire bodily tissues are soft, containing a much larger quantity of water than of solid material, so that they lack the firmness of fiber which is gained after puberty. In childhood girls are unable to bear any physical or mental strain. Naturally they are constantly active, giving play to every muscle. The mind is equally restless, passing instantly from one emotion to another. Under these circumstances it is cruel to require them to sit for one, two, or three hours at a time poring over school tasks, or even to keep them confined from their physical and mental activity. Mothers sometimes notice that their girls are not looking well. No wonder, when they are imprisoned from four to six hours every day in the unwholesome air of the school-room, and every outburst of their innocent little spirits smothered, till the beauty of childhood is turned into a forced and unnatural seriousness; their limbs dwindle, losing their graceful symmetry; their constitution grows weak, making them very liable to sickness and great dan-

ger when attacked. In this condition no girl is fitted to meet her change of life. The young miss may be bright, quick to learn, receiving the praises of teachers and pettings of friends, but she pays dearly for them all in lightness of sleep, nervousness, sensitiveness, sallow skin, and general debility. The effects of these troubles are difficult to get rid of, and in the days of her motherhood she groans over ailings and griefs whose origin she does not know, and whose effects destroy her own comfort and the happiness of her family. A strong, healthful mother is an inestimable prize to the home circle, but she can never come from a girl whose vitality has been sapped to gain a transient precocity.

But our girls *must* be educated, and the question is, How can it be done to the best advantage of her health? No law can be given to apply to every case, because the results of heredity are so marked on our children that what might not harm one would be a positive injury to another. In general, it is a safe rule to keep girls from school till the second dentition has fairly set in; then let them go till they are thirteen, and then be taken out till sixteen. This will protect them at the critical period between the thirteenth and sixteenth years when their sexual vitality is establishing itself. It is worth everything to pass this safely. How many unfortunate women remember that, before puberty, they were healthy and happy, but not having passed this period properly, they now rarely ever know a well day!

When the function has once been thoroughly established, at about sixteen, then the young girl may be

allowed to enter school with entire safely, provided she is cautious at every recurrence.

The author has cases now under his notice of girls broken in health, either because they were ignorant of the physiological laws of their being, or because of their pride to compete, with the opposite sex, they had kept themselves confined at studies when they should have been resting. In one instance a blooming young miss spent several years in an institution of learning. She was talented; and, in her eagerness to excel the young men of her class, she worked early and late. During menstruation she allowed herself no rest; but for fear she might fail in her lessons, kept up her duties as usual, walking the long distance to and from school in all kinds of weather, and overtaxing her nervous system by late work and early rising. She was graduated with honor, but had to use stimulating medicines to sustain her while reading her thesis. She married shortly after, and now, when life should be worth infinitely more to her than it was in her school days, her months drag slowly by, and her existence is a burden. For the sake of their pleading maternity, let girls be careful! On the days of the flux let them absolutely rest from any strain. Let them wear comfortable clothing; eat wholesome food; have good, pure air; plenty of sleep; and, if it be winter, or the nights are cold, never allow them to sit up till the fire dies down and their extremities become chilled.

DISORDERS OF MENSTRUATION.

What has been said applies in only a general way to menstruation; but to understand the matter more

clearly, physicians have agreed to classify the derangements of this function, according to their symptoms, under several heads. The first to be noticed, and the most common in girlhood, is *Amenorrhœa*, which is marked by a scanty flow, or none at all. It is common to all ages, and may occur from a variety of causes. Intense sorrow or pleasure may stop the flow temporarily, and, unless the excitement be constant, nothing alarming will result. The system will soon reäct and right itself. Sometimes amenorrhœa may follow typhoid or scarlet fever, and continue for months, but the patient must not be worried, as proper care will eventually correct it. The causes, however, that produce the most disastrous results are high living, with little or no exercise, late hours, exciting literature —as love stories—impure thoughts and conversation, improper action with the opposite sex, scanty clothing in cool weather, a poor diet and hard work, wet feet, or wearing damp linen during the molimen.

The menstrual function always occasions more or less inconvenience, differing in individuals, and, frequently, according to the amount of the flow. In perfect health the disturbance is slight. There is a feeling of fullness in the pelvis, accompanied, it may be, with languor or despondency; but as soon as the flow has stopped, these immediately pass away and the maiden assumes her wonted spirits. If, however, after menstruating she is still depressed, and the pains and discomfort continue, something is wrong, and advice should be sought without delay.

If any severe pain attends the function, making it necessary to lay aside ordinary duties and take to bed.

then the patient is said to have *Dysmenorrhœa,* or a painful flow. The causes of this really terrible affection are not thoroughly understood. It may occur as a result of rapid growth and hard study, checking the flow either by injuries or indiscretion; it may be produced by displacements and diseases of the uterus and ovaries. Bad air, poor diet, and insufficient clothing will diminish the number of little red globules in the blood, and render one what is called *anœmic,* that is, without blood. In this condition a female is especially liable to neuralgia, which, if it attack the sexual organs, will make menstruation excruciatingly painful. A celebrated physician says: "If a girl starts with dysmenorrhœa she is doomed to suffer for years, perhaps for life." "They who have watched this real and most formidable malady through years, have many a tale to tell of husbands estranged, children neglected, and home stripped of all its holiest influences; authority delegated to others and abused, ill-assorted marriages; expenditure stretched for health's sake to its extreme limits."

Menorrhagia, the third disorder, is characterized by a discharge too excessive, too long in continuance, too rapid, or too frequent. It is caused by undue excitement of the organs, and is found chiefly in females of easy virtue; but overfatigue on the feet, chronic malaria, or habitual constipation may occasion it in others.

In noting the causes of these affections, we see that they are three solemn warnings of nature that the system has been abused, or some constitutional defect inherited. In the latter case the patient is not always

to blame, and may find some relief at the hands of a good physician; in the former, the sin is at her own door, and she can be saved, if saved at all, only by *moral* as well as medical means. Too much stress can not be laid on attention to morals as a cure. If girls talk among themselves, or listen to older persons relate "escapades in love," or do not abandon all licentious actions and thoughts, they may consult physicians for years, and take vast quantities of medicines, with little or no benefit.

These affections are not so much diseases themselves as *evidences* of troubles in the uterus, ovaries, or of some constitutional debility; and, when these are relieved, the menstruation becomes normal. During the paroxysm, the patient must be kept in bed; warm foot- and hip-baths are very soothing, and tend to equalize the circulation. In amenorrhœa and menorrhagia good diet is of extreme importance and tonics of iron beneficial. In dysmenorrhœa the paroxysms are so distressing that many seek relief in chloroform and opium. This is the most fatal thing to human happiness that can be done; for when the opium habit is once formed, the victim will sacrifice the strongest ties of friendship or love, neglect home and children, smother conscience, trample on honor and decency, and, in her frenzy, denounce her God to satisfy the craving appetite for the poisonous drug.

OTHER TROUBLES.

The causes that produce the troubles just mentioned also occasion another condition which is very alarming to many young girls, because they do not under-

stand it; namely, *Leucorrhœa,* or whites, though the color may be almost any other than white, as brown, green, or yellow. With some women this is natural at times, and little or no notice should be taken of it. It is only lately that there has been much alarm about it. The advertisement of medicines that will cure leucorrhœa, and the free distribution of small pamphlets, explaining the so-called disease, and pointing out its terrors, are intended to make susceptible females feel that, if they have leucorrhœa, their hope is gone unless they take the medicine in question, or consult the author of the pamphlet. Like the others just mentioned, leucorrhœa is not a disease itself, but the evidence of a disturbance of the sexual system in some way.

All parts of the body that are open to the air are lined by a soft, delicate membrane called the mucous membrane, which constantly prepares a peculiar fluid to keep the parts moist and prevent their friction. Now this membrane, beginning at the external organs lines the vagina, uterus, and the tubes leading to the ovaries. The fluid secreted is variable in quantity even in health, being greatest immediately before and after menstruation. It is natural, and would alarm no one were her ideas not abused by miserable, mercenary advertisements. But it may point to a severe trouble, just as a copious discharge from the nose or throat indicates a bad cold. This secretion is made from the blood and comes from the interior of the vagina or uterus. If the extremities become chilled, or, if the circulation is impeded by tight dresses hung about the hips, the blood does not flow as it should, but gathers in some organ, which then is said to be con-

gested. This is especially liable to happen to the female sexual system, as it is very sensitive. Other causes, as bad books, gay society at late hours, and rich food, create a fullness and warmth in the uterine organs, because, under the excitement of the imagination, large quantities of blood flow to them. The preventive and partial cure of this unpleasant and sometimes dangerous affection in young girls is easily summed up—*purity of thought and conduct.*

Leucorrhœa is very often present in constitutional troubles, as scrofula, consumption, rheumatism, and dyspepsia. Occupation also has something to do with it. Young girls who go from active country life to the city to stand behind the counter, or sit at the sewing machine, are troubled by constipation, accompanied by the whites, but are relieved as soon as they return home to their former habits. The physician's call-book is full of cases wherein he has advised active exercise in the open air, change of occupation, or travel in order to restore the organs to a healthy tone.

Constipation will be spoken of in another place as it applies to pregnancy,* but it may be well here to say something of its causes, results, and prevention; for often in youth is laid the foundation of severe suffering afterwards by neglecting nature's call.

Not all that is eaten is appropriated by the system, but a very large quantity is passed through the intestines as fecal or waste matter and is excreted. In

---

*See ADVICE TO A WIFE, Chapter II. *Pregnancy: Medicine;* and Chapter III. *Confinement: The Bowels.*

perfect health this excretion is semisolid, and gives no pain in its passing. If, however, from any cause it is delayed or imperfect, the patient is said to be *constipated* or *costive.* It is an imperative demand of nature that her calls be obeyed at once and regularly, or her price is to be paid for the neglect. Once a day is the rule, though there are some that go to stool twice a day, some once in two, or even once in three days.

During severe mental labor the pressure of the feces in the lower bowels is unheeded, and they gradually accumulate, becoming hard and impacted. In the habitual constipation of females, the waste matter frequently aggregates into hard, dry balls almost as large as hen's eggs, and has to be removed by the surgeon's spoon. Tight dressing, by constricting the bowels and impeding the motion of the feces through them, is a fruitful source of this evil. Our social condition sometimes makes it very difficult for young ladies to comply with their necessities. Their modesty forbids them to withdraw from company when the object can be easily inferred, or leave their seat in a crowded car to go to the water-closet, so they contain themselves, thinking relief can be had just as well after a while, but when the 'while' comes, *the desire has passed,* nature is balked, and discomfort is the result.—Reason and health should transcend social restrictions.

In its early stages constipation is not serious, but if it be allowed to continue for months, it will derange the entire system. There will be a dull, throbbing headache, loss of appetite, the patient will feel drowsy

and weak, continually wanting to go to stool, straining with vain results; the impacted feces in the lower bowel press on the uterus, producing inflammation and displacements, disturbing menstruation, and, by crowding on the nerves in the vicinity, cause severe pains that shoot down the hips and up to the breasts. To get rid of this accumulation of poison the skin and kidneys are overtaxed, the sweat-tubes are choked up, the skin discolored, and its odor unpleasant.

Scrupulous regularity is the great preventive of constipation, and an efficient aid in its cure. The action of the system is more uniform than the nicest clock-work, and just at a certain time each day a peculiar sensation in the rectum warns that nature is to be relieved. If, by any accident or thoughtlessness, constipation be induced, every thing must be sacrificed to overcome it. Exercise in the open air is beneficial; baked apples, stewed prunes, ripe peaches, or maple syrup, eaten at meals, have a good effect. Corn bread, by gently irritating the bowels, aids in the cure. Above all, *go to stool at a certain time every day.* The morning is, perhaps, the best and most usual, either before or after breakfast. Do not become impatient and strain, for, if you are weak and have a feeling of weight in the head, there may be danger of bursting a blood-vessel in the brain. Patience and coaxing often work wonders.

SPECIAL DISEASES.

It is confidently believed that the careful observance of the preceding hints and suggestions under the head of "Change of Life," will lead to the regular and healthy establishment of the period of menstruation. It now seems proper to discuss, to some extent, the causes, prevention, and cure of some of the more common diseases peculiar to women, and most frequent at puberty. That these may be avoided by intelligent care only makes it the more necessary that their causes and symptoms should be well understood.

CHLOROSIS—(GREEN SICKNESS.)

Among all the curious diseases to which human flesh is heir, there are few more strange in their symptoms and course than that which heads this section of our chapter. By physicians it is generally classed among the blood diseases, as some of its necessary ingredients are found to be diminished in quantity. It is almost exclusively a disease of the female sex, and occurs far more frequently at the period of puberty—viz: between the fourteenth and twenty-fourth year. Exactly what connection it has to puberty, it is difficult to say; but the fact that the vast majority of cases occur only at this time, shows its intimate relationship. It is true there are instances when the disease might be ascribed to bad air, insufficient exercise, defective nourishment, mental excitement, immoral reading, secret bad habits,—anything, in short, which tends to impair the general health; but there are other instances of the occurrence of the disease when the patients have been in the best physical and mental condition possible; where no exciting romances are allowed, and no secret sins indulged in. When it attacks early,

before menstruation has as yet appeared, and before the breasts are at all developed, it is generally of the most obstinate character. Occasionally it is one of the diseases of pregnancy, and in very rare instances has even attacked men.

We may here mention that the presumed cause of all the symptoms is a diminution of the little red cells of the blood, which are its most essential elements. It is mentioned so that the reader may understand the value of the treatment.

The most remarkable symptom of the disease is the pale, greenish hue of the skin: this has given the name to the disease. But this discoloration is not limited to the skin; all the lining membranes of the body—as the eye, nose, mouth, etc.—presenting the pale, unhealthy hue. In blondes, the little color of health entirely disappears, and the skin is perfectly white. In brunettes, it assumes a grayish or dirty-yellowish green hue. It is most evident in the ears and the lining membrane of the eye and gums. The reason of the discoloration is easily understood when we reflect that the healthy red color is due to the presence of the little red cells of the blood, above referred to, in proper quantity; the blood becomes more watery, then, in proportion, and of course all the tissues of the body at once indicate it. It is a singular fact that while the color so completely fades from the skin, the fat under does not at all decrease, but even, on the contrary, sometimes accumulates in still larger quantity.

Mothers are often alarmed at the appearance of this affection, because it presents at first some of the symptoms of that fearful disease, consumption. They think as they are often heard to say—"I fear my daughter is going

into decline." If they would simply remember this peculiar condition of the fat, they might themselves often be able to decide as to the nature of the trouble. In consumption one of the first symptoms that presents is a gradual loss of fat—a so-called progressive emaciation. This is manifest often, first of all, in those cases of concealed consumption where there is no cough or other symptom manifest. Another peculiar and often characteristic symptom of green-sickness is the dropsy, particularly of the feet; this is likewise due to the watery character of the blood. Patients affected with this disease are easy "out of breath;" they have to breathe oftener to bring more air into the body. The red cells being less in number in the blood, are hurried back to the lungs; therefore the pulse is quicker. They take up all the air in the lungs and hasten off; therefore the breathing is quicker, and this is more evident on exercise or labor. All kinds of pains and aches, neuralgias, headache, etc., are often attendants of this disease for the same cause. Sometimes a regular hysteria develops. Disturbances of menstruation almost always follow; sometimes even it ceases entirely. All these symptoms are easily understood by remembering the seat of the disease. The sexual function, indeed, suffers most of all. There is not enough good blood to ripen the little vesicles of the ovary, and hence, if the patient be married, she is sterile. Occasionally "whites" present themselves.

But the most curious of all the symptoms is the derangement of the digestive organs. This creates an appetite for odd substances, even sometimes unseemly and filthy;—slate-pencils, chalk, magnesia, dirt, etc., are taken

with eagerness. Girls in school at the black-board eat their chalk with the greatest avidity.

The disease is very seldom fatal, but, if not properly treated, is often tedious and obstinate. If not recognized, or if treated by the nonsense of quackery, it may continue months, even years. It is seldom, too, that other more dangerous diseases are manifested in its course — as consumption, ulcer of the stomach, etc.—though these do sometimes appear.

Knowing the cause of the disease, we might hope to find a remedy in a substance that would increase these diminished blood cells. Fortunately we possess such a remedy in iron. If there is any medicine that really deserves the name of a specific — that is, a remedy that is always curative, says Niemeyer, that remedy is iron in chlorosis. It should, of course, always be prescribed by a physician, as he best knows the form and quantity best adapted to each individual case. Good diet, fresh air, exercise, and sunshine, are sufficient for the rest. The melancholy which is a so frequent accompaniment, is best dissipated by good, cheerful society.

HYSTERIA.

The next disease peculiar to women, and most frequent at puberty, which we shall notice, is Hysteria, so named from the Greek word for the womb. Like the preceding, it, too, occasionally attacks the sex at other periods than puberty, and even, in very rare cases, man. If chlorosis, or green sickness, be a blood disease, this affection—hysteria — is eminently a nerve disease. This is evidenced by the fact that such patients are affected in both motion and sensation.

The fact that it occurs almost exclusively in women, and at the period of puberty, has led to the conclusion that it is a disease of the nerves of the sexual organs, which leads to an implication of the nerves of the whole body. This is true for individual cases, but it is an unjust and highly dangerous conclusion in others. There are many cases of marked hysteria in young, innocent, and virtuous maidens, whose genital organs are perfectly healthy. It is, indeed, at present, a well-accepted fact that hysteria may originate from disease of the nerves of any organ of the body; and it has often been seen in young maidens suffering with long-continued stomach disease, in whom the womb and its appendages are in a state of perfect health. An attack of this curious disease implies a peculiar predisposition; for there are many women who suffer with all kinds of diseases of the womb, and yet are never attacked by hysteria. We know that it is often hereditary. (This will be again referred to later in our work, in the chapter on Hereditary Transmissions.) In other cases the predisposition to hysteria is acquired. This is often the case in those instances where the genital system is tampered with; as in improper intercourse — subjects which we postpone to a chapter on Conjugal Sins.

It is seldom that it presents before the period of puberty; still rarer that it appears after menstruation has ceased — the period of the so-called grand climacteric. Most frequently does it result in those cases of American women who delight in that impaired condition of health which makes them what they consider "interesting." Better far for the human race were the ancient periodical worship of Priapus reinstated in all its revolting spectacle than that so constant at the shrine of modern fashion,

which renders her votaries as little capable of procreating their species as those ghostly figures revolving in the dress-makers' windows, whose forms are set up for their imitation.

The greatest influence in exciting this acquired predisposition, according to Niemeyer, is the manner of life and education. The less children are exercised in self-government—the more their improper wishes are gratified—the more they are permitted to indulge in unmeasured grief over the loss of a toy—the more the rod is spared when they give vent to their disappointment in rage and anger, in violent gesticulation, stamping, etc.—the more will they be inclined to hysteria. If they are trained to industry, to conscientiousness, to self-government, they are free for life. If, on the other hand, the maiden is left alone the whole day with her needle-work and worsted, whereby she surrenders herself entirely to castle-building thoughts and dreams—if she be allowed to peruse the light literature of the day, to frequent the midnight ball, etc., the more is the predisposition acquired.

An ordinary attack of hysteria is familiar to all. Unfortunately the prevalence of the disease is such that it occurs in every neighborhood. The alternate singing and sorrowing, laughing and crying; the tossing of the limbs—whereby she is always careful, however, not to make an unseemly exposure—the simulated convulsion, the after depression and weeping, need no further description here. But the disease is not limited to distinct attacks: during the intervals the patient is not entirely free; she is nervous and irritable and fretful; she starts in affright at every sound. Her life is a constant burthen

to herself and her friends, and her very presence a constant annoyance. She desires to be an object of sympathy; this she is always, of course, to her relatives, even for a time to her friends; but after awhile this ceases, and she is generally avoided.

The treatment, as it often baffles the skill of the best physicians, can hardly be intrusted to the patients themselves or their friends. Its medical portion, then, we will not discuss. Of greatest importance is the mental treatment, without which the physical is of no avail. Here the patient and friends may be of greatest service. Everything depends upon the possibility of the patient's ability to exercise the power of her will. Strong-minded women never suffer from this disease for this reason. What is necessary for individual cases, will suggest itself to the common-sense of the parents. Often, alas! all parental authority avails for nought.

CHOREA—(ST. VITUS' DANCE.)

So curious is the conduct of a patient affected with this disease, that the ancients believed her the victim of an incantation. It is a disease also of the nerves—like hysteria—but, unlike hysteria, it only affects the nerves of motion. It is likewise most frequent at puberty, though, like the other diseases mentioned, it sometimes, though rarely, attacks at more advanced age, and, still more rarely, man. Among its causes are generally reckoned disturbances of disposition, particularly fright; power of imitation, irritation of the intestinal canal, as by worms, self-pollution, pregnancy, etc. The disease is characterized by involuntary movements of any or of all the different muscles. This motion occurs not only when some definite

act is to be performed, but when the patient is perfectly passive. The constant motion continues, in aggravated cases the whole day long—sometimes giving rise to the most ludicrous appearances, always after awhile painful to the observer. Sleep always gives rest. Generally, the attack comes on slowly. The child falls or breaks a number of things without understanding the reason of its weakness. It increases; grimaces, contractions of muscles every-where in the most insane manner; rolling of the eyes, twisting of the mouth, laughing, weeping, etc., make the disease known.

How absurd that parents should punish their children for accidents which are utterly beyond their control. How foolish, too, that method of binding the limbs like a criminal, to prevent the motions which originate in the brain. The treatment of this disease requires all the skill of an educated physician.

CATALEPSY.

This is the most wonderful of all the nervous diseases to which the female sex is liable. It is that condition in which the body or limbs remain in any given position to which they are brought by the patient before the attack, or by the hand of another during the attack. The patient has no power to change this position, nor does the limb or body fall by its own weight. This is due to powerful muscular contraction. A sudden fright, as a peal of thunder, has been known to convert a human being into a statue at a door, or in the street, to the alarm of all beholders. Indeed, there are few conditions more resembling supernatural agency. It is like a sudden and total petrifaction. It is very rarely dangerous to life,

and is ranked generally among the hysterical diseases Its treatment belongs to scientific medicine.

SECRET BAD HABITS.

We would gladly omit this section, for it compels us to regard woman from a stand-point the opposite of that which Nature has assigned to her. It is only the hope that these few lines may be of service in deterring the innocent maiden from engaging in such degradation, or in inducing those already practicing it to desist at once, by revealing to them the sad penalties attached, that we find excuse for its mention. Self-pollution is the mechanical irritation of the sexual organs in order to excite the same voluptuous sensations attendant upon natural intercourse. Mental weakness, hysteria, seduction by other girls, as often occurs; improper education, yellow-covered literature and the like, are the various excitants to this unnatural and disgusting procedure.

It is scarcely necessary to point out the sin of such an act, as it is evident to every rational and conscientious creature; and it makes itself still more apparent, after the gratification, in feelings of deep remorse and self-contempt. We shall accomplish more, perhaps, by pointing out the inevitable consequences which ensue. To say nothing, then, of the fact that often in this manner, by the excitement occasioned, and the congestion of blood in all the organs of generation, one of those little eggs before alluded to in the ovary, is detached and lost, and thereby a probable living being destroyed in the bud, we can not too strongly insist upon the evils which accrue to the physical and mental system of the maiden herself. These are irritability of temper, melancholy, dejection, hysteria,

and physical debility. Surely in the face of such calamities, a word of warning is sufficient. Did this unnatural indulgence but prostitute the finer sentiments of womanhood, and thereby destroy those qualities which render her the object of such powerful attraction to man, the evil were great enough. But it ceases not with this, which is but the first stage; like the eagle of Divine vengeance, daily feeding upon the continued life of Prometheus, it, too, gnaws upon the vitals of the whole physical and moral nature with all its entailed miseries.

CONCLUDING ADVICE.

We have thus depicted the most important and most frequent affections connected with the great changes which announce the transformation of life. We trust to have made it apparent that daughters at this period require all the care and attention which parental love and supervision can bestow. Once safely through, there is but little danger again until pregnancy, and here it is the husband's proud duty to substitute the parent. The changes of puberty are not, however, in the rule, connected with danger. Being a process of nature, it is a process of health; and it is only by the infraction of the laws of health daily occurring in "society" life, that disease is entailed.

CHAPTER II.

LOVE: THE SEXUAL INSTINCT.

"In peace, love tunes the shepherd's reed;
In war, he mounts the warrior's steed;
In halls, in gay attire is seen;
In hamlets, dances on the green:
Love rules the court, the camp, the grove,
And men below, and saints above;
For love is heaven, and heaven is love."

LOVE is the strongest passion of the human heart, and exerts a greater influence on mankind than any other faculty of the mind. No other passion is so universal or so powerful in its influence on the character and happiness of all classes of society. It is the vital essence of the soul, and is blended with all the noble impulses and emotions of the heart. What the sun is to the natural world, love is to humanity. It is the grand fountain of light and heat to the soul and to society. Woman is its creature. Nature designed her to love the opposite sex. To her it is the whole history of life, a passion that sits enthroned in her bosom. It pours its genial rays upon the heart, and all the passions and sentiments of the mind are warmed into activity and beauty. The glowing rays of affection radiate upon character, and shed a halo of heavenly

A. *Deltoides*—muscle covering the shoulder joint.
B. *Biceps Brachii*—two-headed muscles of the arm.
C. *Brachialis Internus*—internal muscles of the arm.
D. *Supinator Radii Longus*—long supinator of the radius.
E. *Triceps*—three-headed muscle.
F. *Trapezius*—trapezium-shaped muscle.
G. *Latissimus Dorsi*—lateral muscle of the back.
H. *Serratus Major Anticus*—large serrated anterior muscle.
I. *Obliques Descendens Externus*—external oblique descending muscle.
K. *Glutaeus Maximus*—largest thigh muscle.
L. *Glutaeus Medius*-middle-sized thigh muscle
M. *Rectus Femoris*—straight muscle of the thigh.
N. *Vastus Internus*—great internal muscle.
O. *Vastus Externus*—great external muscle.
P. *Tendons* of the Semimembranosus and Semitendinosus Muscles, forming the inner hamstring.
Q. *Tendon* of the Biceps Femoris, forming the outer hamstring.
R. *Iliacus Internus*—Internal iliac muscle.
S. *Gastrocnemius Externus*—external mucle of the calf.
T. *Soleus*—a broad flat muscle of the leg.
U. *Peroneus Tertius*—fibular muscle of the leg.
V. *Extensor Longus Digitorum Pedis*—long extensor muscle of the toes.
W. *Tibialis Anticus*—anterior muscle of the leg.

MAN'S STRENGTH. MUSCLES OF THE SIDE FIGURE.

beauty on all the acts of life. Sweeter than all the blessings of this life, is "first and passionate love—it stands alone."

But what a wonderful change is that which takes place in the fond and loving heart when it first throbs in unison with the heart of another! Wonderful transformation! All the affections, all the hopes and aspirations, are for the one so fondly cherished. The pleasures of the past become but dim shadows when compared with the intense happiness of the present. The heart seems to have just escaped from its chrysalis state, and now soars away on the wings of love, to revel in the paradise of marital bliss. Fond and loving parents, brothers, sisters, and friends, are comparatively forgotten. The maiden, whose heart is thus touched, can scarcely sleep at night; her appetite forsakes her; her memory frequently fails her; her whole character and habits of life are changed. Love is confined to no condition or place. Wherever two fond hearts beat in unison with each other—whether high or low, rich or poor, bond or free—true love cements the bond, and the loving pair become one in heart and soul.

The maiden, by day and by night, looks forward to the time when she will realize the actualities of matrimony. She feels that her greatest happiness will be to administer the balm of sympathy to the partner of her bosom; and, from the deep fountain of her love, soothe all his sorrows and afflictions. She dreams of the joy that will be her lot when she can cheer his faltering hopes, and, resting her head upon his bosom, by words and actions administer to his happiness.

"Love! I will tell thee what it is to love;
It is to build with human thoughts a shrine
Where Hope sits brooding like a beauteous dove—
Where time seems young, and life a thing divine;
Yes, this is love—the steadfast and the true,
The immortal glory which hath never set,
The best, the brightest boon the heart e'er knew—
Of all life's sweets, the very sweetest yet!—*Swain.*

Love is an instinct which God implanted in our being. It is in reality, the attraction which the male has for the female, or the female for the male. Love is an attraction, a mental affinity, an animal magnetism. When the young maiden is in love, she anticipates the pleasures of matrimony, and the happy hour when she will be clasping her offspring to her bosom. The girl admires the mental qualities of the man; she admires his handsome form, his kindly expressive face, his high intelligence, and love begets love. Love is not friendship, though friendship may lead to love. True love will sacrifice every thing for the being that is loved. It will even sacrifice itself entirely and absolutely. It knows no other thought than the happiness of its object. It is no selfish passion. It seeks to minister in the hours of adversity as well as prosperity. True love in woman transforms her into almost an angel. It deifies her thus, in a manner. It is an inspiration from Heaven. The pleasures connected with the enjoyments which love can give us, are pure and honorable, for they are in harmony with the dictates of Heaven; and our natures tell us that no keener and no higher sense of delight is reserved for us in this world. The man who would wantonly trifle with the affections of a young girl, is worse than

a fiend, for to woman love is every thing. It is her whole existence, and from its enjoyment she anticipates all the pleasures which she expects in this world.

The necessity of love may be easily comprehended when we contemplate its object; for if we had no love, we should have no marriage, no family tie. Parental, and filial, and fraternal affection absent, what a miserable world would be ours! If merely the feeling of lust were implanted in our natures, and no holy sentiment of love, the illegitimate children that would cover the wide world, with no one to care for them, would make our terrestrial abode a howling wilderness. In every country of the civilized globe, marriage is regarded as a sacred institution. Do we not behold the woman who is married, more happy, more sociable, more domesticated than the unmarried? The old maid is generally a peevish, discontented, irritable woman. And why? Because the fires of love never burned in her soul, and she has not fulfilled the destiny for which she was sent into this world. She may mix in the highest circles; she may have command of every luxury of life; she may be the very incarnation of charity; but if she is not married, she is unhappy.

The married women of this age execute great deeds; they visit our hospitals; they attend to the sick and dying, and nearly all the charitable institutions of our country, and every other country, are sustained by them; while the unmarried woman, or the old maid, as a rule, takes but little interest in them. In order that woman should be happy, it is absolutely necessary that the principle of love be implanted in her bosom, in order that she may feel pleasure in the companion-

ship and communion of her husband; for it is a well known fact, that where women have had to live with men for whom they had no affection, their lives have been to them a misery that no language can paint, and many a woman, who has been in this situation, rather than endure that misery any longer, has voluntarily rushed into eternity.

COQUETRY.

Flirtation is a part of school-girl life. When this is but the innocent display of those peculiar charms which are so irresistibly attractive to man, it is perfectly pardonable—more, permissible. Somebody has said that a girl without coquetry is like "corned-beef without mustard, or champagne without bubbles;" and it is true. The exercise of the thousand bewitching arts with which Nature has purposely endowed her, is only an execution of this natural design; and that it is a part of her nature, is evidenced by the fact that they are present in the simplicity and freshness of the country maiden, as well as in the city girl, before art has rendered her affected.

This is not what is meant by a regular flirt, or a coquette. It is when the power of these natural charms is abused, when they are employed to tamper with the highest sentiments of our nature, from mere caprice or vanity, that systematic flirtation is established. Illustrations of its evils are abundant enough in every-day life, without appeal to the light literature of our day, abounding in such examples.

That absolute misery is often enough occasioned to

the too-confiding swain, that he is driven to drink and crime, even suicide, is a fact so familiar as not to require mention. Ours is the task to point out the evils to the maiden herself. A recent English writer has said that American girls are "mere bundles of colorless virtues: pale inanities." Perhaps this is to a certain extent true. We do not propose to retort upon him by repeating the oft-told story of the "affected prude," so characteristic of English girls, but rather to inquire into the reasons which lend justification to his criticism. At least a portion of blame therefore is, the desire of American girls more particularly to number a train of admirers. To hold these, she must be lavish in her smiles and favors: consequently, the true affection of nature—that which would single out but a single object—is stifled, and the professional coquette cultivates only arts which tend to her design. These are all light and superficial in their nature, and, consequently, the more solid virtues are neglected. After awhile it is noticed in her frivolous character, in her light and silly laugh, in her affectation and general demeanor. Carrying the traits which might have been admired in youth into the prime of her life, she can no longer attract men of any worth to her sway; she is neglected, and her sufferings and envy are keen. At last she is totally forsaken, as her character becomes known, and life has no further charm.

'The vain coquette each suit disdains,
And glories in her lover's pains;
With age she fades—each lover flies;
Contemn'd, forlorn, she pines and dies."—*Gay.*

COURTSHIP.

The pleasures of anticipation are generally greater than those of realization. Therefore it is that the period of courtship is, to many, the most happy period of their existence. When the young maiden has touched the heart of one who has perhaps been much in her company, and he feels assured that his love is reciprocated—though perhaps not a word of love has been spoken—their intercourse in conversation and action is of the tenderest and most endearing character.

There is the gentle presence and thrilling touch, which affect the whole mind of the affectionate maiden; the glance that speaks louder than words; the eye that tells a thousand tales. Woman is not won by sighs; but when the happy lovers meet in some sequestered spot, where their young hearts beat responsively, and their meeting glances tell of their unuttered love, then do we know that love in its purity dwells in their pure hearts. Woman, like man, is at all times accessible by flattery, and in the days of courtship it is but too natural for the lover to pour flattery into the maiden's ear, as it is, by experience, one main avenue to her heart.

There is one truth that we wish to impress: Every young woman should remember that what her lover believes to be her character prior to marriage, he expects her to be after marriage; for if she has worn a mask during the period of courtship, bitter will be her lot after she has sworn fidelity at the altar. A true woman, when she is compelled to reject a man's addresses, seeing that she can not love him—for a

woman can not control her love—does it in the most delicate manner; for she knows that the man's pride is hurt, and that he is deeply humiliated. To love ardently, to make an offer of marriage, and be rejected in contempt, has been the cause of many a man's precipitation into the presence of his Maker.

The conventionalities of society do not allow a woman to make advances to man, although she may be deeply in love; but, as a general rule, the instinct of a woman will tell her by what means she can make him acquainted with the interesting fact. She does not woo him, but she conveys to him, by her eyes, her actions, and her mien, the condition of her regard, as definitely and far more sweetly than tongue or pencil may describe. She can not make direct advances, but she can use her tact, which is infinite, in giving him occasions to make them. When an offer of marriage is made to a woman, it is considered that it is the highest honor that the man can confer on her, and when a maiden's hand is thus sought by one worthy of her, when her heart responds to his in its every throb, then is the period of courtship a period of happiness unalloyed. She anticipates his coming, and delays his departure. Her sweetest dreams are of her beloved one; all her secrets she confides to him, as he confides his to her; love is then perfect and unalloyed—

"When happy lovers meet
In some lone spot where not a sound is heard
Save their own sighs, or the unequal beat
Of their young hearts to tender wishes stirred—
As hand seeks hand, and meeting glances tell
The unuttered tale of love too sweetly well."

QUALIFICATIONS FOR A HAPPY MARRIAGE.*

Why is it that there are so many unhappy marriages? Times without number is this question asked, and it remains still unanswered. Nor can it be answered, in a few words, from the varieties of reasons that may be assigned. Far oftener is the cause dependent on the characters of the married themselves than on any external circumstances.

Since marriage is "the bloom or blight of all men's happiness," it becomes both parties each closely to investigate the qualifications which are requisite in the other to secure their own happiness. These are of both a moral and a physical nature—qualifications of the mind and the body. Alas! that marriage is so often precipitated for gold or position, and that society compels the unhappy union through life.

> "Wishing each other, not divorc'd, but dead,
> They lived respectably as man and wife.'

Least of all is regard to be had to the requirements of mere sensual love; for when passion is gratified, love ceases in such cases. Passion is too acute to last, and the most durable virtues are to be selected for a life-time companionship. Physical beauty, too, fades like a flower with time. Therefore, the mental qualifications are most of all to be considered; for "the mind, and not the body, is the measure of the man." A maiden, then, must look for industry, order, and, above all, honor. These are the requisites for her fut-

* From the German of Rudolph Fernan.

ure happiness. But the chief characteristic for both—the main element of happiness—is contentment. To be content with that position, political and social, to which Providence has assigned an individual, is to be possessed of all the virtues and accidents of happiness at once. Such a one looks less with envy upon those whose wealth or position places them higher in the scale, than with pity and sympathy upon those more unfortunate strugglers with poverty and care.

So important a step as marriage should never be taken hastily. It is essential, in the highest degree, that a maiden should thoroughly know the character of him into whose hands she confides her life and almost her soul. Violence, passion, caprice, will always render a marriage unhappy. Secure a character of fidelity. When once jealousy enters, all future happiness is lost; and there is no suffering keener and more protracted than that which the green-eyed monster causes.

Since the relations of marriage are of so intimate a nature—since they are to become, by Divine injunction, one flesh, is it not important that the maiden should know herself first? Then only can she select the qualifications to complement her own deficiencies. Mutual compliance with each other's foibles,—and none are utterly free,—is an offspring of mutual love; and, after all, love is the best guide, if only true and sincere. Love is the expression of the woman's intuition of all the good qualities in the object, whose possession is necessary to her happiness and welfare. For the rest, one word—*a gentleman*—covers all.

"Then, if division come, it soon is past—
Too sharp, too strange an agony, to last!

And, like some river's bright, abundant tide,
Which art or accident hath forced aside,
The well-springs of affection, gushing o'er,
Back to their natural channels flow once more."
—*Mrs. Norton's Dream.*

THE ENGAGEMENT.

Man has been characterized as a "pendulum 'twixt a smile and a tear." Moments of joy and moments of sorrow do so alternate in the life of every individual as to give verification to the remark. The betrothal is one of those moments of supreme happiness. It is the fruition of long-cherished hopes, and the maiden hastens, after it, to the solitude of her chamber, to give vent to her overflowing heart in tears. Words are paltry in description now. Whether in the palace or the cabin, on the silken sofa or beneath the rustle of the tree, it is "the same old story told over again," with its promise of hope and joy and love. But it is a bitter moment when forced by parental authority, or for gold, or station in life; and its tears, then, are those of anguish indeed. We would not, however, place a single thorn among the flowers which should garland so cherished a theme as this. We cull, rather, another to be added; it is the sweet old English verse of Aldrich:

"I have placed a golden ring upon the hand
Of the blithest little maiden of our land.
When the summer roses scent the sunny air,
She will gather white ones to tremble in her hair.
Hasten, happy roses; come to me by May:
In your folded petals lies my wedding-day."

AT WHAT AGE TO MARRY.*

Scarce has man attained his full development before the desire of marriage is experienced. When this is complete, desire is experienced in full force. The lower animals, and man in the savage state, are alike in this. Only when the height of physical development is reached, is desire manifest in force, and then in the same force as are hunger and thirst, and other wants of the body. But as man gradually substitutes the laws of society for the laws of Nature, his physical constitution undergoes a change. Desire is experienced earlier from over-stimulation. He ripens earlier, so to speak, and the period of proper manhood and womanhood is anticipated in youth. Indulging, then, the appetites of maturity before the body is prepared, it can not but react injuriously both upon the system of the parent and the constitution of the offspring. Such marriages reveal, then, not only debilitated parents, but degenerated offspring. The ancients were well familiar with these truths, and, since they recognized the fact that the power of the State lay in the physical strength and health of its citizens, they determined a definite age for both sexes, in which alone marriage was permissible. The first Napoleon, who adopted as a motto that the "Lord is always on the side of the heaviest battalions," also cultivated the physical strength of his subjects by ordinances of marriage. Indeed, all nations of earth have appointed seasons—according to climate, manner of life, and civilization—suitable and proper for the union of the

* From the German of A. F. Krause.

sexes. But, as in ancient times far more regard was had to the counsels of nature than at present, the period for marriage—the period of nubility, as it is technically termed—was set at a far later age.

When Roman civilization had reached its highest culture this desire was experienced far earlier than in the older times. We find then that marriage was permitted as early as the twelfth year for maidens and the fourteenth for males. According to Niebuhr, the Mohammedans marry early; and at times the father buys his son a female slave to keep him from the harlots.

The same author tells us that he has heard of a mother in Persia at the age of thirteen years; daughters are married there at the age of nine, and he himself knew a man whose wife was but ten years of age. When a female has reached her thirtieth year, she is already reckoned old. In Java and Hindostan, also, marriage is allowed at or even under the eleventh year. This is because menstruation is expected thus early; and by a law of the religion of these people, it is a penal offense to permit a daughter to menstruate in the paternal mansion. In Spain, too, the laws permit marriage at the twelfth year for maidens and fourteenth for youths; and in Sicily the sexes are united at so early an age that, according to travelers' descriptions, grandmothers of but thirty years are not unfrequent. The evils of such premature conjunctions upon the offspring, we have discussed in another part of this work. In our own land, the laws differ in different States—ranging the period of nubility between eighteen and twenty for maidens, and twenty-one and twenty-five for men. This is as it should be, and is in full

accord with our knowledge of the vigor of the constitution at that period: for there is no drain greater upon the physical system than that caused by the act of generation. There is nothing, moreover, which hastens, to the same degree, a premature decay, as its premature indulgence.

LENGTH OF ENGAGEMENTS.

The period that is to intervene between the betrothal and the consummation of marriage must be various, according to individual circumstances in each case; hence it is difficult to establish any definite time.

It may be said in general, however, that greater evils have ensued from too great haste than from too great protraction. We have already insisted upon the necessity of a thorough knowledge of both the mental and the physical qualifications of the espoused; and it is a well-accepted fact that the knowledge of character requires a long and intimate acquiantance. "Marry in haste, and repent at leisure," is a proverb that is full of sad reality.

Every law, and every circumstance, should facilitate marriage as much as possible; as on it depends the welfare alike of the state and the individual.

SHOULD CONSUMPTIVES BE ALLOWED TO MARRY?

This is a question which it is proposed to discuss at length, under the subject of hereditary disease. We may only state here that the query has been recently suggested, in one of the first medical journals of the world, by a physician who urged strong reasons in

favor of its permission among this unfortunate class. When we reflect that one-sixth of all deaths is occasioned by this fell disease, we may form some idea of the great number of human beings who are constant sufferers from this malady on our globe.

It is claimed as an argument by the advocates in its favor, that it is not by any means true that the children of consumptives are always themselves afflicted with this disease. It is well known, indeed, that even an entire generation may escape. Again, while some of the offspring may succumb to this disease, others may escape entirely.

What renders the question of still more importance is the fact that this disease occurs most frequently at the age of nubility; that is, between 20 and 30. Shall they then be denied the boon of marriage? So long as the hereditary transmission of the disease is so unequivocally proved, so long as consumptive patients beget consumptive children, and thus spread the rank contagion wider and wider, there can be no question but that individual, social, and even national prosperity alike forbid a marital decree.

SHOULD RELATIVES MARRY?

Long and fruitless discussion has this question excited. Law, human and Divine, has imposed its injunctions. That those of nearest tie should not be united, is evident from the peculiar sentiments of affection, as altogether distinct from love, which Nature has implanted within their breasts. To destroy this by the substitution of love, would be an infraction of the laws of Nature, as well as a direct violation to the progress

of civilization, which so intimately depends upon individual and family prosperity.

The Persians had certain state ordinances by which their monarchs were enjoined to marry their own sisters; and as Asia Minor was overrun by them at the time when Crœsus was conquered by Cyrus, it is possible that the story of the guilty love of Byblis for her brother Caunus, as related by Ovid, may have originated in the disgust which the natives felt for their conquerors, and as a covert reproach to them for sanctioning alliances of so incestuous a nature. While Ovid (Book ix, 426–527) enters into details which trench on the rules of modesty and decorum, the moral of the tale, aided by some of his precepts, is not uninstructive as a warning to youth to learn betimes to regulate the passions. The same warning is conveyed in the fate of Ulyrsha for her incest with her father, Cinyras.

Æolus had six sons, to whom he is said to have given their sisters for wives. In the case, however, of his daughter Canace, who was pregnant by her brother Macareus, Æolus was more severe, as he sent her a sword with which to put herself to death. The story of the incest of Lot's daughters is familiar to every student of sacred lore. Thus has Nature implanted feelings of disgust for every such violation of her laws.

As to the marriage of more distant relatives—as cousins,—it may be permitted with perfect impunity, provided there be no constitutional family taint. This has been recently shown by a writer in the *Journal of Insanity*. He has carefully collected the following instances in proof. After quoting the various cases mentioned in the Bible, he mentions the Macedonian royal family, of

Alexandria, in Egypt, which intermarried for three hundred years, yet no physical or intellectual imbecility seems to have occurred. Cleopatra, the last sovereign of that line, was not degenerated in body or mind, but excelled in size, as well as beauty of person, and strength of intellect. A grandson of hers afterward ascended the throne of Mauritania, and another of her descendants, Zenobia, achieved glory for herself as Queen of Palmyra. The celebrated Derby family of England have intermarried for centuries: the late Prime Minister was the son of first cousins, and his son, Lord Stanley, has already taken rank among the foremost and ablest statesmen of the young nobility. The family of Queen Victoria, herself the daughter of cousins and married to one, are not uncomely or deformed. The blood, he continues, has never been of the best, but does not appear to have suffered from deterioration. The conclusions may be summed up in the words of Voisin, a celebrated French medical writer; he states that the dangers of consanguineous marriages result from an intensification of any morbid hereditary tendencies that may exist in each parent, while, if each be perfectly healthy, the fact of consanguinity counts for nothing.

POLYGAMY.

That Nature intended that each man should have but one wife, is evidenced by the fact that the population of the whole world contains a nearly equal number of the male and female sex. That the teachings of the Bible are in full accord, is proven by the creation of but a single Eve for Adam.

The evils of polygamy are upon the individual, the offspring, and the state; and they are nowhere better shown

than in a report made to the Surgeon-General's office, by one of our army surgeons in Utah. We extract therefrom the following: "The Mormon, of all the human animals now walking this globe, is the most curious in every relation. It would be quite beyond the scope of this report to say anything of the political and religious aspects of Mormonism; but as a great social solecism, seriously affecting the physical stamina and mental health, it is full of interest to the medical philosopher. Isolated in the narrow valleys of Utah, and practicing the rites of a religion grossly material, of which polygamy is the main element and cohesive force, the Mormon people have arrived at a physical and mental condition, in a few years of growth, such as densely populated communities in the older parts of the world, hereditary victims of all the vices of civilization, have been ages in reaching. This condition is shown by the preponderance of female births, by the mortality in infantile life, by the large proportion of the lymphatic types of constitution, and by the striking uniformity in facial expression and in physical conformation of the younger portion of the community. The 'peculiar institution' is practically upheld by the older men—the elders, bishops, apostles, and prophets—and so eager is the search for young virgins that, notwithstanding the preponderance of the female population, a large proportion of the younger men remain unmarried. To sustain the system, girls are 'sealed' at the earliest manifestations of puberty, and I am credibly informed that means are not unfrequently made use of to hasten the period.

"The activity of the reproductive function, as a rule, is not diminished by polygamy; on the contrary, the women

are remarkable for fecundity; but in the harems, the proportion of children arriving at maturity is much less than in the rural districts of our country. An illustration of this fact is afforded by the results in that chief of polygamists, Brigham Young's case. He had twenty-nine wives. A large number of children were born to him, a majority of whom died in infancy, leaving twenty-four, according to the most reliable accounts. These twenty-nine women, in monogamous society, married, would have borne, probably, one hundred and thirty children, two-thirds of whom, under hygienic circumstances, equally favorable, would have been reared. In Brigham and his wives, we have presented the most favorable conditions for successful polygamy possible in Mormon society, yet, in this instance, the violation of a natural law has been speedily evinced. One of the most deplorable effects of polygamy is shown in the genital weakness of the boys and young men, the progeny of the 'peculiar institution.' The most observant Mormons can not hide from themselves the evidence of these sad effects. One of their saints, Heber C. Kimball, in recent sermons, has adverted to this sexual debility, but, with a singular blindness, attributed it to a vicious style of dressing. The sexual desires are stimulated to an unnatural degree at a very early age, and as female virtue is easy, opportunities are not wanting for their gratification.

"It is a curious fact that Mormonism makes its impress upon the countenance. Whether owing to the practice of a purely sensual and material religion, to the premature development of the passions, or to isolation, there is, nevertheless, an expression of countenance, and a style of feature which may be styled the Mormon expression and

style; an expression compounded of sensuality, cunning, suspicion, and a smirking self-conceit. The yellow, sunken, cadaverous visage; the greenish-colored eyes, the thick, protuberant lips; the low forehead; the light, yellowish hair; and the lank, angular person, constitute an appearance so characteristic of the new race—the production of polygamy—as to distinguish them at a glance. The older men and women present all the physical peculiarities of the nationalities to which they belong; but these peculiarities are not propagated and continued in the new race: they are lost in the prevailing Mormon type.

"If Mormonism received no additions from outside sources, these influences continuing, it is not difficult to foresee that it would eventually die out. The increase of population, independently of large annual accessions from abroad, has not been coequal with the increase in other portions of our country. The results of polygamy here are not to be compared, without some limitations, to the results of the same institution elsewhere: its decadence must follow more speedily. In eastern life, where it has been a recognized domestic institution for ages, women are prepared for its continuance, and do not feel degraded by their association with it. The women of this Territory, how fanatical and ignorant soever, recognize their wide departure from the normal standard in all Christian countries; and from the degradation of the mother follows that of the child: and physical degeneracy is not a remote consequence of moral depravity."

SHOULD DIFFERENT NATIONALITIES INTERMARRY?

The cross of races—of individuals of different nations—the union of opposite temperaments and dispositions, is

one of the principal conditions to the development of vigorous and beautiful children. The alliance of two constitutions perfectly alike, does not give us the rich fruit of a union between those of opposite natures. The experience of centuries is to this effect. In lands abounding in strangers, the progeny is more beautiful; the contrary is true among peoples and nations confined only to their own soil. This has been verified in the union of the Spanish and English, the French and Orientals, the Germans and Italians, and the Russians and Circassians. The Turkish and Persian nations offer additional proof: The Ottoman empire is composed of individuals from among the Greek slaves, and from Georgians and Circassians, incessantly transported; and few people can vie with them in physical beauty. The Persians, once as degenerate as the Tartars, whence they are sprung, have been greatly ameliorated by their union with the Georgian and Circassian women. The ancient nation of Rome, so celebrated for its vigor and courage, derived its strength by alliances with their conquered all over the then known world.

Mental vigor is closely dependent upon physical health. The old Latin proverb, *mens sana in sano corpore*, (a sound mind in a sound body) was written in full recognition of this fact.

We have repeatedly observed that the power of a nation depends upon the mental and physical health of its people. Many and curious are the works on the art of procreating beautiful children — Callipedie, as it is called in French, from two Greek words meaning a beautiful child. History shows us, says DeBay, that this art was

not only cultivated by physicians, but by the women of ancient times.

The barbarity of the middle ages, which covered Europe with night and with blood; the barbarity which burned the Alexandrian library, destroyed this precious knowledge before the time of our civilization. Two facts we possess: the necessity of healthy parentage and the cross of races. Subjects of constitutional and hereditary disease should be prevented by law from propagating their like. Marriage should be interdicted. Strange that we exercise no prevention in the human species, when even the cattle-dealer recognizes its necessity in the lower animals.

The efficacy of the cross of temperament and disposition is exemplified, as stated, in those lands where different races are intermingled. They are always of vigorous intellect and physique. Royalty in Europe to-day, is a sad instance of the converse. Royalty has exhausted its stock. The farmer knows full well that it is utterly impossible to grow the best grain by planting the same seed year after year upon the same soil; and when he sows wheat one year and plants corn another, and tobacco in another still, he but weds to the great womb of earth stock of a different nature.

From Orient and from Occident, and from the very poles, they pour into our country, the exile from oppression and tyranny; and we are safe by flinging the portals wide. This is the grand antidote to the poison distilled by luxury—that fell destroyer of all the proud nations of time,—and this it is, by the constant transfusion of new blood, that will forever secure to us a perpetual rejuvenation even in the days of our country's age.

HINTS TO THE MARRIED.

CHAPTER I.

THE CEREMONY—Course to be Pursued after Marriage—Sexual Prudence—Can the Sexes be Produced at Will—The Limitation of Offspring—When the Marital Relation should be Suspended—Should there be Separation—Condition of Parents—Hereditary Predisposition—Marriage of Persons too nearly Allied in Consanguinity—Age at which Persons Marry—State of Health of Parents—Influence of Parents on their Offspring.

"Though fools spurn Hymen's gentle powers,
We, who improve his golden hours,
By sweet experience know
That marriage, rightly understood,
Gives to the tender and the good
A Paradise below."

IN another part of this work we have discussed, in full, the necessity of marriage and the evils of its neglect. We have endeavored, every-where, to impress its influence upon individual and family happiness. We have spoken of its physical and mental prerequisites in both sexes, and have indicated it as an injunction of Divine law. We may venture to hope that these truths have been made apparent, and may now advance to the hymeneal altar. Should the act of marriage be solemnized by church or by state? By all means by the church. It is a ceremony of Divine ordination, and a favorite simile in the Bible of the union of the Savior with his church. Moreover, so long as man is possessed with faith, the ordinances of religion remain to him more powerful and binding than the mere enactments of law. The marriage-service of any of our churches is one of the most beautiful and impressive

of all their ceremonies, and its influence upon even the mere spectator is of a character to impress upon him the sanctity of the tie.

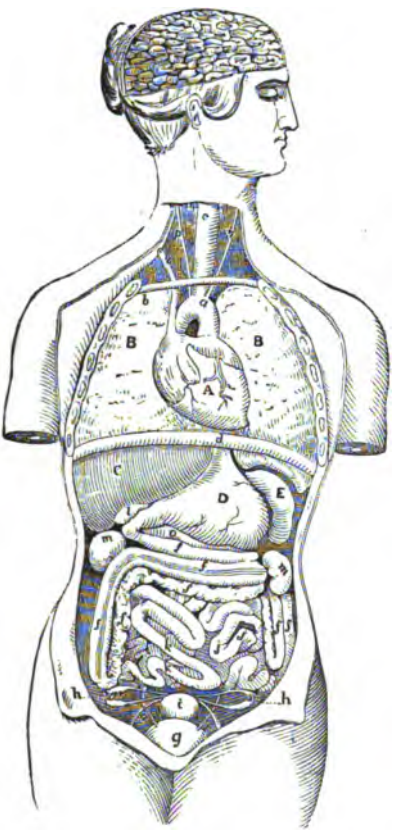
> "Marriage is a matter of more worth
> Than to be dealt in by attorneyship."

The particular service, and all arrangements pertaining thereto, is of course a matter of individual taste, and should be, as it is in the rule, left to the wishes of the bride. As to the marriage tour, we have no arguments in its favor. The period of the honeymoon is a period of happiness anywhere; and it does not require the attractions of travel to secure this joy. On the other hand, there are decided arguments against it. The period ensuing upon marriage should be a period of rest. The female really requires this, and she can not obtain it when jostled about in the train or traveling from town to town. Instances might be mentioned where this necessity for rest, and among friends, might be rendered apparent, but they are so obvious as not to require it. Moreover, lovers, and the newly-married are lovers in intensity, see nothing in nature or in society at all comparable with each other's charms. Hence it is money extravagantly expended, too often, only—money that might be applied to the purchase of lifetime comforts. But the bride should certainly be spared the criticism to which she is subjected on the next morning, at the hands of his or her unfeeling or curious relatives and friends. The very best method is to enter the future home at once, and there to remain secluded until their mutual affection has been so far satisfied as to permit them to appear in public without exciting comment or criticism.

MODERATION.

At no time in the whole history of the lives of the married pair is there so much danger of excess in sexual indulgence, as just after marriage. Unbridled license is too often given to the passions, and, not infrequently, the most serious consequences ensue. A story, good enough for repetition, as containing a valuable practical lesson, is related in Zimmerman's work on Solitude. A newly-married Prince, a near friend to the great physician, visited him one day with reproaches for his unkind treatment of his, the Prince's, wife, during one of his numerous eccentricities. Zimmerman deeply lamented the occurrence, with every possible reparation. "How can I control myself from these outbursts of passion?" asked Zimmerman of the Prince. "Very easily," he replied; "simply repeat the Lord's prayer before you make your answer." Not long afterward, the Prince, pale and haggard, presented himself again to Zimmerman. "I am worn out with exhaustion," he remarked; "from too frequent indulgence. Such is the transport of our mutual love that we are gradually led to its consummation on every occasion of our meeting. How can I exercise greater self-control?" "Very easily," replied the physician; "simply by repeating the Lord's prayer before your dalliance is commenced."

Of the evils of venereal excess, we shall speak in a future chapter; suffice it to say here, that it is one of the most fruitful causes of physical debility, and, at times, of mutual estrangement. After meals, a man experiences none of the sensations which the sight of food awakens in hunger. The glutton, after repletion, even loathes its presence. While love is more than mere passion, it is nevertheless



WOMAN'S BEAUTY. THE VITAL SYSTEM.

A. Heart.—B. B. Lungs.—C. Liver.—D. Stomach. E. Spleen.—*m. m.* Kidneys.—*g* Bladder.—*d.* Diaphram forming the partition between thorax and abdomen. *h. h. i.* Organs of generation.—*f. f. k.* Intestines.

strongly dependent upon it; and love, like hunger, is experienced in greater force when some appetite is retained.

CAN THE SEXES BE PRODUCED AT WILL.

This is a question which has always interested the popular as well as the scientific world. The following works have already been printed upon this subject: "The Art of Producing Boys or Girls," by Rhazes, an Arabian physician of antiquity; "Callipedie," by Claude Quillet; "Megelanthropogeny," by Jean Huarte; and finally, largest of all, "The Art of Procreating the Sexes at Will," by J. J. Millot. The question is discussed by Possart, as follows: In ancient times, it was thought the male determined the sex, as he carried the seed of the male offspring in the right side and of the female in the left. Galen supports this view, adding that the seed from the left side is more fluid; that from the right, warmer; but subsequent facts have lent it no support. There are numerous examples where but one organ has existed, and both sexes have been propagated; and Graaf cites the case of a man in whom the left had been removed, and yet he begat only daughters.

Another equally absurd view was, that when the seed passed into the right tube of the female, to the right ovary, boys only were generated; when to the left, girls. This is overthrown by the fact that young of both sexes have been found, in animals, in both tubes alike.

Henke and Millot maintained that the right ovary contained the male germs, and the left the female; according to the position which the female assumed, then, in connection, the sex of the offspring would be determined. Dubois proved the falsity of this view, in the

case of a woman who had brought forth seven boys and no girls, while the right ovary was diseased; and in another case, where a woman brought forth five girls, with the left ovary diseased.

The only opinion of any merit is, that both sexes exert an effect upon the offspring, the stronger producing the greatest impression, thus rather predisposing it to its own sex. Certainly, on an average, strong men with feeble wives beget more boys, and *vice versa*. As to the regulation of diet, with a hope of influencing the sex, it has been clearly demonstrated that parents only injure their own health, without in the least affecting the desired object. It is a singular fact that the majority of first-born are females.

Osiander believed that more maidens were conceived in the first fourteen days after the courses, and when the moon was full; and that in the fourteen days before the courses, and during a new moon, boys predominated. Others, as Venette and Bailly, believed in the influence of the weather, in seasons of fasting, in famine and plenty, as determining the sex; but none of these agencies have ever been sufficiently substantiated, unless, perhaps, that more boys are conceived in seasons of plenty and peace, more girls in famine, war, and pestilence. None of these causes, however, will ever be sufficient to individualize a single case, in anticipation, on account of their numerous exceptions. Indeed, it is highly probable that Providence has designedly placed the determination of sex beyond the power of individuals, so as to secure, beyond caprice or whim, the proper equilibrium all over the globe.

THE LIMITATION OF OFFSPRING.

"And you be ye fruitful and multiply; bring forth abundantly on the earth, and multiply therein."

"The scholar in Scripture history," says a recent medical writer, "needs no reminder of the fact that the benedictions and maledictions upon woman in its entire text referred almost exclusively to fecundity and sterility." The times have changed, and with them the manners. The patriarch no longer regards his progeny with the pride of primeval times; the mother boasts no more of the number of the jewels in her crown; governments grant no subsidies to parents with large families, as in days of yore, and society has come at last to stamp fruitfulness with vulgarity.

"The evident diminution in the number of births, as shown by statistics among native American women," (quotation is made from a recent review of Allen's works on "The Physiological Laws of Human Increase, Physical Degeneracy, etc.,") "is attributed partly to means taken to avoid conception and to intentional abortion, but principally to a deterioration in their organization as the result of changes in education and domestic habits, in dress and even occupation. We fear the former cause (avoidance of conception) has most to do with diminished fertility, but acknowledge, also, the force of the latter cause."

It is useless to attempt to decry this and allied subjects on the ground of immorality. That means of preventing conception are resorted to, particularly in fashionable life, no one will deny. The annoyances and discomforts of pregnancy conflict with the requirements of society. The cares and anxieties attending the rearing

of a large family are responsibilities which ease and luxury are fain to shirk. But it is not from this standpoint that we may as yet at least venture to discuss this question.

Where is the American woman of modern times that will boldly inculcate in private circles, or if she please, in public lectures, that the "strange and pernicious sentiment," as Dr. A. justly terms it, "that there is some degradation attached to domestic labor is false and pernicious, as it really is. Such a woman would alone be worthy to be a leader of fashion."

Are there cases in which a resort to means of limiting the number of offspring is justifiable? We do not propose to discuss the question from the grounds which fashion and convenience assume. The limitation of offspring in this sense belongs to the science of political economy, and in this department has met and is still meeting full agitation by eminent men.

Are there cases in which the safety of the mother is gravely imperiled by pregnancy and parturition? If so, do such cases justify the prevention of conception, and if permissible, by what means?

It is most unquestionably true that there are cases in which pregnancy and childbirth are highly dangerous conditions. Consumption breaks forth with violence and virulence in those before afflicted with this disease as soon as delivery is over. In some instances, indeed, pregnancy, instead of checking the disease, hastens the untimely end, adding thus fuel to the flame. Then follows the whole series of hereditary disease propagated by progeniture farther and farther with posterity: cancer, epilepsy, insanity, hysteria, syphilis, and so forth.

Is it justifiable to prevent their extension by preventing conception?

Again, there are other cases of disease or debility of the mother herself, consequent upon pregnancy, that often threaten, often actually cause death.

Some women, few it is true, die of obstinate and irremediable vomiting, others of dropsies so occasioned; some never escape the most frightful convulsions, and some become insane at each delivery.

There are women, again, who never carry their infants to the full time, and their whole married life is a series of exposures to and often but narrow escapes from death, from the hemorrhage or inflammation excited by miscarriages.

Last of all, range in cases of deformity, in which the "last resource of medical art and the forlorn hope of the patient," caesarian section must necessarily be resorted to.

Such cases would certainly seem to justify a resort to any legitimate, if innocuous, means of preventing conception. Unfortunately the means mostly employed are neither legitimate nor innocuous. Such are the practices of onanism, pederasty, the use of cold or medicated injections, tampons, shields, etc., all attended with evils which will be pointed out in the chapter on conjugal sins.

The safest resort in such cases is indulgence only during the intervals of menstruation. It has already been shown that the period just before or just after this epoch is that in which conception is most likely to occur. It is at the period of menstruation or just preceding it that the ripened ovum falls into the womb. Whenever and wherever it meets the vivifying fluid, conception occurs at once. The ovum requires from ten to fourteen

days to make its transit. Should it not be stayed by accidental cause, or should conception not occur, it passes away in menstruation, leaving an interval of another month. Thus, conception is most of all likely to occur in exposure to its liability during menstruation, just preceding it or a week or ten days thereafter. It follows then, from the fact of the absence of the ovum during the interval that conception is least liable to occur from congress practiced at this time. True it is, that, in a few cases, the stimulus of coition occasionally ripens an ovum before its time and permits its escape. While it must be admitted, then, that impregnation does sometimes take place, even under this precaution, it is nevertheless true that its liability is very greatly lessened. Such a precaution does not militate against any of the laws of nature, and is consequently not attended with any of the penalties attached to their every infraction.

All other means hitherto devised, without a single exception, incur not only physical suffering to one or both parties, but also reflect most seriously upon the mental organization.

When artifice is permitted to substitute nature, all the delicacy of sentiment so essential to marital bliss is blunted and destroyed. Perhaps this is best expressed in the Bible, in the change of feeling which overtook the first inhabitants of our globe after the fall. See Gen., chapter ii, verse 25, and chapter iii, verse 7.

It is this delicacy which is so characteristic of real and pure affection: and the neglect of maintaining that reserve which this sentiment engenders, soon leads to a degree of familiarity which proverbially breeds contempt.

WHEN INTERCOURSE SHOULD BE SUSPENDED.

Ever since the earliest times, cohabitation with a female during her period of menstruation has been forbidden among all civilized nations. The Mosaic law forbade it by a special injunction, as a woman at this time was considered unclean. Aside from the fact that there is something absolutely revolting to all the usual sexual instinct by intercourse at this period, its execution is attended with particular evils to both sexes.

In the Orient, where, according to Haller, the opinion was generally accepted that the menstrual flow was of a poisonous nature, intercourse was strictly forbidden by law. There is, moreover, some truth in the idea of an injurious action of the flow, in hot climates, from the speedy decomposition of the excreted blood; and it is exceedingly liable to induce an inflammation of the male organ of introition. Wives have been unjustly accused of unchastity by husbands imprudent in this regard.

In Arabia, Niebuhr informs us that, although intercourse during this period was not considered actually injurious, nevertheless, abstinence was urgently recommended.

The Mohammedan religion establishes a period of eight days before and after the courses in which intercourse is to be avoided. This is perhaps too long an abstinence for the rest of mankind, who, unlike the sons of the Koran, possess but one wife.

To the female, the accidents which may supervene are at times of the gravest character. The whole period of menstruation is a period of genital excitement and congestion. There is already much more blood in all the genital organs than at any other time. Intercourse in-

creases this still more; sometimes to such an extent as to rupture the walls of the delicate blood-vessels, and permit the escape of large quantities of blood. A sudden pain, blanching of the face, and feebleness of the pulse indicate such an accident. The subsequent inflammation is a not infrequent cause of death.

During pregnancy should intercourse alike be forbidden? This has likewise been enjoined in the Scriptures. The little kingdom of Benin, formerly on the borders of Sclavonia, forbade it by legal enactment. A prince of this people once asked a European embassador how many wives his master possessed. He was answered: "He is content with one." "But when she becomes pregnant?" asked the prince; "what then?" "Abstinence," replied the embassador. The prince shook his head: "Your lord possesses more reason, Sir Embassador, than really pertains to man."

The same accidents mentioned under Menstruation, are still more likely to occur to a female during pregnancy, as this is a period of constant and prolonged congestion. Klinkosch relates a rather remarkable instance in proof: A nobleman lost two successive wives in consequence of a cohabitation indulged in during labor, on the advice of an ignorant midwife that it prepared the way for, and hastened the delivery of, the child. The same author likewise relates a case of death to both mother and child, from a sudden escape of blood, caused by intercourse two days before the time of delivery.

If we believed, with Swedenborg, that intercourse was only to be practiced with the design of begetting children, we should be forbidden indulgence during all these seasons, and even until the period of weaning. But this

doctrine is not tenable. While its first and most important purpose is the procreation of the species, there can be no doubt that man is permitted this gratification as one of the few legitimate pleasures granted him among so many sorrows and cares.

During the period of "getting up," and at least a few months thereafter, intercourse is still attended with danger. The commonest feeling of humanity, to say nothing of affection or love, would certainly forbid it during any sickness or disease. How regardless and selfish men sometimes are, however, on such occasions, is but too familiar to many a suffering wife.

DIVORCE.

Hitherto the whole burden of our story has been to impress the sanctity and inviolability of the marriage tie. We have characterized it as necessary to political and individual welfare and prosperity. It alone secures to us the proper care of the offspring, and provides for their education. It is thus the mainstay of society; and the religious observance of its vows is an evidence of the strongest nature of the advance in civilization to which a people have attained.

But there are cases, nevertheless, where further union is a curse. They are generally those in which its obligations have been incurred where one of the parties was too young to understand its full force,—too little acquainted with the character of the other,—which at last proves possessed of qualities that excite the most profound aversion: marriage for beauty, when beauty fades; for gold, when it is not found, or is afterward lost; for passion, which ceases on the gratification of desire; or when

some great physical defect, as impotence, has been hitherto concealed. It were madness to insist upon a further union when unconquerable antipathies are found to exist. There are theologians who consider that the torments of hell have none more agonizing than a compulsory association with spirits of opposite nature. Physical suffering, in all the refinement of cruelty, is not to be compared with this mental torture of a lifetime association with beings whose mere presence fills the soul with loathing and contempt. In such case, divorce offers the only escape. The law, however, has justly surrounded its acquirement with great difficulties. "For better or for worse," knells into the ear of many an applicant, on insufficient grounds, as a lifetime reminder of the truths which we have endeavored constantly to impress in the prerequisites of a happy marriage. For desertion or neglect, for adultery, for drunkenness, for impotence—these are grounds which the law must recognize, however, to free a fellow mortal from a bondage of the most servile character. There are moreover instances where, from mutual incompatibility of disposition, a separation may be effected by mutual understanding, when full provision is made for the support and protection of all the parties concerned. These occur mostly in the higher classes of society, where the sensibilities are more acute. Often even here a union may again occur when the asperities and disagreements of youth have been toned by age or chastened by mental suffering.

ONDITIONS OF THE PARENTS WHICH AFFECT THE HEALTH OF THE CHILD.

To some extent, at least, we have no difficulty in answering the inquiry. The very terms of our statement

imply that the unusual susceptibility of disease in the one case, and the immunity from it in the other, arise from no peculiarity of treatment or external circumstances, but are dependent on some inherent difference of constitution that must have been derived from one or both parents. So manifest is the influence of hereditary constitution upon the organism and qualities of the offspring, that from the earliest ages it has attracted the attention of mankind. Apparent exceptions occur, in which the children differ widely from their progenitors; but these are so few, and may for the most part be so easily explained, that the general principle remains unshaken.

Assuming, then, the reality of HEREDITARY INFLUENCE, let us inquire what are the conditions in the parents which effect most powerfully the health of the child.

The following are the most deserving of notice:

1. Natural infirmities of constitution, bodily and mental, derived from their own parents.

2. Premature marriages, especially of delicate persons, and of those strongly predisposed to hereditary disease.

3. Marriages between persons too nearly allied in blood, particularly where they are descended from an unhealthy race.

4. Marriages contracted too late in life.

5. Great disproportion in age between the parents.

6. The state of health of the parents at the time of procreation.

Of these I shall speak in succession.

It may be thought that in a work like the present, destined chiefly for the guidance of parents and young

medical practitioners, it is superfluous to treat of any of the first five heads; seeing that the child is supposed to be already in existence, and that it is no longer in our power to avert the consequences of an infirm constitution, or of an ill-sorted marriage. But this objection has little force; for, the more delicate the infant is, the more need is there to detect the true source of the delicacy, in order that the means of remedying it may be used with that discrimination which is essential to its correction. For example, the treatment which is suitable to an infant whose infirm health arises from its inheriting the constitutional tendencies of the race of either parent, may not be so suitable to another whose delicacy is caused by disease occurring accidently during the pregnancy of the mother. Here, then, is a strong practical reason why we should not only be aware of all the sources of infant delicacy, but also be able, in each case, to discriminate between them.

But even supposing the children already born to be beyond the reach of benefit from the inquiry, it is certain that if the health of the parents be improved, the *future* offspring will participate in their increased vigor, and more easily escape the evils which afflicted the earlier born. Nor is this the only consideration, important though it be: parents have an advising and controlling power over the marriages of their children, and by convincing their understandings, may call into operation in early life, before the passions can obscure the judgment, a guiding influence which will insensibly put them on their guard against forming an alliance with a very unhealthy or defective race. A kind and judicious parent may exercise a salutary influence in this respect; and if

the young were accustomed to see their parents and guardians acting habitually under the guidance of principle, they would be much less apt than they are to follow heedlessly the bent of their passions, in a matter so directly involving their permanent happiness. But when nothing is done, either by example or precept, to put the young on their guard, it is not surprising that mere inclination, family interest, and pecuniary advantage, should be more important considerations in contracting marriages, than family endowments of mind and body, or soundness of family health; and so long as this shall be the case, so long will much misery continue to be produced, which might otherwise have been foreseen and prevented.

HEREDITARY PREDISPOSITION.

The influence of original constitution is often manifested in the almost inevitable destruction which awaits the children of certain families about the period of adolescence. One after another drops into the grave from consumption, though every precaution has been used to ward off the fatal malady. The principle is also exemplified, in its brighter aspect, in the histories of long-lived persons, almost all of whom are found to have been descended from long-lived ancestors; in fact, nothing is more certain than that *other circumstances being favorable, robust and healthy parents have robust and healthy children.* This law, indeed, holds good throughout animated nature. In the cultivation of plants, quite as much importance is attached to the quality of the seed as to a good soil and good husbandry; while, in rearing the lower animals, especially the horse, purity of race is prized above all

other conditions, and the genealogy of the race-horse, of the hunter, and even of the farm-horse, is regarded as a sure criterion of the properties which may be expected in their progeny. In the dog, the sheep, and the different varieties of cattle, we calculate with certainty on the reappearance of the qualities of the parents in their young. Man is no exception to the law; and it is a false and injurious delicacy to turn away from a truth so influential on happiness, and which has long forced itself on the notice of physiologists and physicians. Thus, the imperious Claudian family long flourished at Rome, unrelenting, cruel, and despotic; it produced the merciless and detestable tyrant Tiberius, and at length ended, after a course of six hundred years, in the bloody Caligula, Claudius, and Agrippina, and then in the monster Nero.

"Parents," says Dr. Gregory, "frequently live over again in their offspring; for children certainly resemble their parents, not merely in countenance and bodily conformation, but in the general features of their minds, and in both virtues and vices.

The most remarkable example of the hereditary transmission of qualities with which I am acquainted, is that of a blind man called Moses Le Compte, whose *thirty-seven* children and grand-children became similarly affected. In all of them the defect of sight began about the age of fifteen or sixteen, and lapsed into total blindness about the age of twenty-two.

Sir H. Holland mentions several cases of a similar kind.

With such evidence before us, we are warranted in maintaining that the possession, by the parents, of a

sound and vigorous bodily constitution, and an active and well-balanced mind, has powerful influence in securing similar advantages to the offspring. If either parent inherits the feeble delicacy or the mental peculiarities of an unhealthy or eccentric race, the probability is very great that the offspring will be characterized by similar qualities. But in compensation for this, the very same law by which the liability to gout, insanity, imbecility, scrofula and consumption, is transmitted from generation to generation, enables us *to reckon with equal certainty on the transmission of health and vigor*, wherever these have been the hereditary features of the race.

Those, then, who desire bodily and mental soundness in their offspring, ought carefully to avoid marrying persons either feeble in constitution, or strongly predisposed to any very serious disease, such as insanity, imbecility, cancer, scrofula, etc.; and, above all, the greatest care should be taken against the occurrence of the same morbid predisposition in both father and mother. Where any peculiarity of constitution is confined to one parent, and is not very strong, it may, in some degree, be counteracted by a judicious marriage and mode of life; but where its influence is aggravated by being common to both parents, the children can scarcely escape.

In thus insisting on the necessity of greater attention being paid to the law of hereditary predisposition, I do not mean that the actual disease which afflicted the parent will certainly reappear in the children; but only that the offspring of such parents will be much more liable to its invasion from the ordinary incidents of life than those belonging to a healthier stock, and will require very careful and judicious management to protect them from it.

MARRIAGE OF PERSONS TOO NEARLY ALLIED IN CONSANGUINITY.

Next to the direct inheritance of the family predisposition, the constitutional tendencies derived from the union of persons too nearly allied in blood, and more especially if themselves descended from a tainted stock, are perhaps the most prejudicial to infant health; and their baneful effects are nowhere more strickingly seen than in the deteriorated offspring of some of the royal and aristocratic families of Europe, in which frequent intermarriages have taken place without regard to the morbid predisposition on either side. Such intermarriages are often observed also in private life, especially among the Jews. "The rich Jews in this country," says Dr. Elliotson, "have the same bad custom of marrying first cousins; and I never saw so many instances of squinting, stammering, peculiarity of manner, imbecility, or insanity, in all their various degrees, intense nervousness, etc., in an equal number of other persons." Marriages between very near relations who are themselves infirm, are usually either barren, or productive of unusually delicate offspring.

AGE AT WHICH PERSONS MARRY.

Early Marriage.—The ages of the parents exercise a great influence on the health and qualities of the offspring. If they have married before their own full development and maturity, the first children are generally more deficient in stamina than those born subsequently. This is one reason why children of the same family often present considerable differences of constitution and character, and why the first-born is sometimes puny in a vigorous race. Marriage, therefore, ought never to take

place before maturity, because the system is not sufficiently consolidated for the important function of reproduction, and both parent and child suffer from anticipating the order of Nature. In this country, women do not attain their full development before from eighteen to twenty years of age, and men from twenty-one to thirty; yet it is not uncommon to encourage even delicate girls to marry at seventeen, at the manifest risk of entailing infirm health on themselves and their offspring. In the case of the lower animals, where money is at stake, great care is taken to avoid the error so frequently committed among ourselves.

Late Marriages are scarcely less unfavorable to the health of the offspring than those contracted in very early life. Beyond a certain age, neither animals nor plants are capable of producing a vigorous progeny; and hence the postponement of marriage beyond the period of maturity, now so common, especially among professional men struggling in the competition for a livelihood, is frequently injurious to their offspring. The impulse to propagate generally loses much of its force before the age of forty, and comparatively few children are born after that age to parents who have been united soon after attaining maturity. In many cases of late marriages, too, the constitution of the parents has been impaired by mental or bodily labor, by dissipation, or by that disappointment to the domestic affections which involuntary celibacy implies.

Disparity of Age.—Another cause of infirm health in children is great disparity of years in the two parents. When one is very young and the other advanced in life, the constitution of the offspring is very rarely sound.

STATE OF HEALTH OF THE PARENTS.

The next circumstance which permanently influences the health of the offspring is the state of the parents at the time of procreation. It is well known that, while all the children of the same family have a certain general resemblance, no two of them are exactly alike. A chief reason of this difference is the unavoidable change in the state of the parents, induced partly by the lapse of years, and partly by external circumstances acting upon their bodily and mental constitution; and, from numerous facts which have been observed, it seems highly probable that the offspring may be affected even by any temporary disturbance of health in the parents about the time at which conception takes place. Anxiety of mind, and unusual depression of spirits in the father, have been found imprinted in ineffaceable characters on the constitution of the child; and instances are known in which idiocy in the offspring has appeared to be the result of casual intoxication on the part of a generally temperate father. A stronger motive to regularity of living, and moderation in passion, can scarcely be presented to a right-minded parent, than the knowledge of the permanent influence of these on his offspring. Many a father has deplored, and perhaps resented, the follies of an irreclaimably wayward son, without suspecting that they were due to some forgotten irregularity of his own.

Another and very powerful cause of delicacy in children is a *permanently deranged state of health in the parents*, showing itself in a lowered tone of all the animal functions, and a general feeling of being unwell. Of all the varieties of this cause, perhaps the most frequent and the most injurious to the offspring is *habitual indigestion*,

and its consequence, *impaired nutrition.* Many parents pass years in a constant state of discomfort from "bilious" and "stomach" complaints, induced by inattention to diet, exercise, cleanliness, ventilation, sufficiency of light, healthiness of dwelling, and the like; and thus entail a part of the penalty on their innocent offspring. Ignorant of the consequences of their conduct, they are without sufficient motive to give up their habitual indulgences, or to persevere in using the easy means of improving and preserving their health; and are surprised when assured that, while thus trifling with their own comfort, they are sporting with the welfare and fate of the dearest objects of their affections.

INFLUENCE OF PARENTS ON THEIR OFFSPRING.

It is a common saying that clever men generally have stupid children, and the inference has been drawn that the father exerts very little influence on the constitution of his offspring. It is true that the families of men of genius are rarely so remarkable for talent as themselves; but I deduce an opposite conclusion from the fact, and maintain that these very cases afford strong proof of the reality of the father's influence, and ought to be warnings for our guidance. Not to dwell on the circumstance that men of genius frequently marry late, it is notorious that nothing can be further removed from the standard of Nature than their state of health and general mode of life. Are they not, as a class, enthusiastic, excitable, irregular in their habits, the sport of every passing emotion, victims to indigestion and melancholy? And are these the seeds from which Nature has designed *healthy* vigor of mind or body to spring up in their off-

spring? Take into account also the influence of the mother, and the well-known fact that men of genius rarely select highly gifted women for their wives, and then say whether high talent can reasonably be expected to emanate from parents, one of whom rises at best only to mediocrity, and the other falls temporarily to or below it, from sheer exhaustion of mind and broken health. Would it not rather be wonderful, if, in such untoward circumstances, genius were always to descend, in unabated splendor, even to the first line of the posterity? It is not from such materials that living genius has ever sprung. A genius might in some favorable moment be *born* to such a father, but probably he would die before the world could tell that a genius had lived. The circumstances under which the highest order of minds most frequently appears are, where the father is healthy and active, and the mother unites an energetic character with sound health, or with some high and sustaining aim of life, animating her mental and bodily functions. Such was the mother of Napoleon I., and the mothers of most of our celebrated men will be found to have been more or less distinguished by similar characteristics; how often, in the biographies of men of genius, do we remark that it was the mother who first perceived and fanned in the child the flame which afterward burst into brightness.

In some circumstances however, where, from feelings of admiration, deep interest, or other impressive cause, the mind of the mother is, during gestation, strongly concentrated upon the father's image or character, his reflex or indirect influence on the organism and qualities of the future child is often strikingly great. It is perhaps from some unsuspected cause of this kind, that

instances occur in which all the children of a family show a strong resemblance to one parent, and very little to the other.

The influence of the constitution, both physical and mental, of parents, on the health, development, and mental character of their offspring, merits grave consideration, and must, as the knowledge of physiology becomes diffused, force itself upon the attention of every intelligent person. Until the various inherited and even acquired conditions of parents which influence their children are generally understood, and practically recognized in contracting marriages and regulating the mode of living, mankind will never attain the degree of perfection of which they are susceptible, and which, we can not doubt, they are intended by the Creator to attain. All our knowledge of the physiology of man leads to the conclusion that, as far as our physical nature is concerned, we are governed by the same laws with the inferior animals, and that with us as with them the health and constitution of the offspring depend mainly on those of the parents. Hereditary delicacy and defects may, in a great degree, be overcome by judicious management of the child from birth to maturity, although, perhaps they are never entirely effaced.

The whole subject of hereditary descent is of such moment, and still in some respects so obscure, that it calls for the earnest attention of physiologists and philanthropists.

GENERAL REMARKS.

Under this topic we propose to consider the effects of advancing civilization upon the female mental and phys-

ical organization; contrasting the condition of womanhood to-day with that of ancient times, in the hope of deriving a few practical points by way of general conclusion to this part of our subject.

First, then, in regard to the various mental emotions and conditions which play a more and more important *role* in inducing mental and physical perversion and deterioration as the world grows older and more addicted to luxury and so-called refinement—causes which, in other times, were of less significance. The increase of industry, the progress of science, art, and knowledge presupposes an increase of brain activity. The further removal from simple manners, the greater extent of finer and higher intellectual and physical enjoyments, bring into play desires and passions hitherto unknown. The more general liberal education awakens among the masses ambitions whose honors are, alas! too often lost. We live faster; a morbid and almost frenzied pursuit after gold characterizes particularly our people, stamping the yellow die of its coin into the very faces of mankind. Woman is not indifferent to these sweeping changes. Imbued by nature with a more acute sensibility, she is keenly alive to every disturbance within her sphere. Need we mention the phenomena of hysteria, which are so easily evoked by such trivial cause. Ambition and anxiety for her consort and children in the few, female rights in many, religious fanaticism in more, but inexorable fashion in the most, are the altars at which kneel and are daily immolated the youth, the health, and beauty of this, by God's design, the fairest portion of our race.

The proximate cause of the difficulties attendant on labor, Barlow, in an essay on Midwifery, imputes to the

habits of dissipation and voluptuousness, and the deterioration of physical strength, rather than to any immediate infliction at the fall. With her Creator's fiat, that in sorrow should she bring forth, we have nothing to do here; but of the fact that civilization and refinement increase the original difficulty, we can entertain no doubt; for the contrast between the upper and lower classes of society, and still more between the savage and civilized, is too manifest not to carry conviction to the mind of the most inattentive observer.

Recall, in the midst of those fearful operations in the lying-in room, daily becoming more frequent, the almost perfect immunity of ancient times, or of uncivilized lands, still to their necessity. Bruce, speaking of the women of the Galla—a nation on the confines of Abyssinia—says, they do not confine themselves even a day after labor, but wash and return to their work immediately. Pitavellius gives a similar account of the Abyssinian women, who retire by themselves, and are delivered with great ease and expedition.

The same simplicity, expedition, and freedom from danger, attend this natural process among the natives in most parts of Asia, Africa, the West Indies, and primitive America, where the mode of living is, in general, more abstemious and simple, the occupations and habits of individuals more similar, and probably their future stature and bulk more equal than in civilized lands. We read, in Diodorus Siculus, that in Corsica no care or attention was paid to the lying-in woman; but as soon as they were delivered, the husbands were put to bed and nursed in their place. Strabo gives an account of a similar custom prevailing at his time in Spain. The Spaniards in Bra-

zil, who perform the office of midwives for their teeming consorts, says Hennepius, receive the infant, tear the navel-string, and wash and paint it. The lying-in woman does not meet with more indulgence than the infant. As soon as she is disburdened, she goes and washes herself, and immediately sets about her work, without suffering the least inconvenience. The wives of the Livonian peasants and the savages of North America, use the same custom. The women retire to some private place when the time of their delivery is at hand, and return immediately after to their work. Sagnier and Brisson, in their account of their voyage to the coast of Africa, observe that the Moorish women have no midwives, but are usually alone at the moment of confinement, laid on the ground under an indifferent tent. They have seen these women, they add, depart even on the day of their delivery to encamp at the distance of fifteen or twenty leagues.

Brydone gives an exceedingly interesting account of the habits of the Sicilian women; for which we must refer the reader, however, as well as for some strange facts in the labor of animals, to Bland's Observations on Human and Comparative Parturition, from which these facts have been abstracted. In many countries of Asia no midwives are found, and mothers act for daughters, or relatives or neighbors supply her place. (Siebold's History of Obstetrics.) He refers, too, to the travels of Chardin, who affirms that labors are very easy in Persia and other countries of the Orient—no midwives being required,—and to various authors of travels among the Bedouin Arabs of the desert, and the aborigines of Peru, with the same statement. In Peru they do not receive

A. *Mastoideus*—mastoid muscle.
B. *Trapezius*—trapezium-shaped muscle.
a. *Infra Spinatus*—the muscle beneath the spine of the scapula.
b. *Teres Minor*—long, round, smaller muscle.
c. *Teres Major*—long, round, larger muscle.
C. *Latissimus Dorsi*—lateral muscle of the back
D. *Deltoides*—muscle covering the shoulder-joint.
f. *Triceps Brachialis*—three-headed muscle of the arm.
g. *Anconeus*—muscle of the elbow.
h. *Extensor Carpi Radialis Longus*—long radical extensor of the wrist.
E. *Sacro Lumbalis*—muscle of the sacrum and loins.
F. *Longissimus Dorsi*—long muscle of the back.
G. *Glutaeus Medius*—middle sized muscle of the thigh.
H. *Glutaeus Maximus*—largest muscle of the thigh.
I. *Semitendinosus*—half tendinous muscle.
K. *Semimembranosus*—half membranous muscle
L. *Biceps Femoris*—two-headed thigh muscle.
M. *Gastrocnemius Externus*—external muscle of the calf.

MAN'S STRENGTH. MUSCLES OF THE BACK FIGURE.

any assistance whatever; and, according to Garcilasso, if any one should interfere, she would be regarded as in an evil light, as a sorceress rather than a midwife. Langsdorf relates, that on the island of Nukahiwa, when a woman is to be confined, a little hut near her dwelling is built, called the taboo hut, because no one is allowed to enter except the mother and the female relatives.

A friend, just returned from a four-years' service among the Sioux Indians, informs us that the women in labor go down by the river, cut out a space among the willows, over which they throw a buffalo-robe, to keep off the cold wind, for it is winter ten months in the year; and there, upon another robe covering the snow, they bring forth with the greatest ease, while the so-called medicine-women keep up a low wail throughout. Immediately afterward, without even washing, they return to work in the camp, or follow upon the trail.

When the King of Egypt commanded the Hebrew midwives to kill the male children of Israel, their evasion may be remembered, (Exodus, Chap I: v. xix): "Because the Hebrew women are not as the Egyptian women; for they are lively and are delivered before the midwives come unto them." We might quote another page of strange customs in different lands in this respect, but certainly enough has been shown to establish the fact. Thus it is evident that advancing civilization increases the evils and accidents to which the female sex is liable. The remedy, however, is likewise apparent. Woman should remove as far as possible, all the restraints which fashion and society have imposed in substitution of the liberty of thought and of action according to the primordial tenets of Nature. So far as she yields to them,

does she cease to be the being of her Creator's design. Living in conformity with the laws of Nature, devoting herself to her husband as the helpmate promised at the altar, rearing her children in the admonition of the Lord, she performs her full service in the great economy of life, and shines before the world like a polished shaft in the temple of Zion.

ADVICE TO A WIFE.

Of earthly goods, the best is a good Wife;
A bad, the bitterest curse of human life.—SIMONIDES.

INTRODUCTORY CHAPTER.

ESPECIALLY ADDRESSED TO A YOUNG WIFE.

HEALTH of Wives—Fruitless Wives Vast in Number—Fashionable System of Spending Married Life—A Childless Home—Mission of a Wife—Importance of Exercise—Ventilation—Barrenness of Women—Ablution—Fruitful Women—Diet and Beverage of a Young Wife—Effects of Stimulants on Women—Results of Champagne—Evening Parties—Sleep—Early Rising—Morning Exercise—The Idle Wife—Dangers of Young Wives Dancing—Dress—Pleasures—Cheerfulness—Occupation and Duties of Wives—Swedish Ladies—"Blue Stocking" as a Wife—Concluding Remarks.

IT may be well—before I enter on the subjects of menstruation, of pregnancy, of labor, and suckling—to offer a few preliminary observations, especially addressed to a Young Wife.

My subject is Health—the care, the restoration, and the preservation of health—one of the most glorious subjects that can be brought before a human being, and one that should engross much of our time and of our attention, and one that can not be secured unless it be properly attended to. The human frame is, as every one knows, constantly liable to be out of order: it would be strange,

indeed, if a beautiful and complex instrument like the human body were not occasionally out of tune:

> "Strange that a harp with a thousand strings
> Should keep in tune so long."

The advice I am about to offer to my fair reader is of the greatest importance, and demands her deepest attention. How many wives are there with broken health, with feeble constitutions, and with childless homes! Their number is legion! It is painful to contemplate that, in our country, there are far more unhealthy than healthy wives! There must surely be numerous causes for such a state of things! A woman, born with every perfection, to be full of bodily imfirmities! It was ordained by the Almighty that wives should be fruitful and multiply! Surely there must be something wrong in the present system if they do not do so!

It will, in the following pages, be my object to point out many of the causes of so much ill health among wives—ill health that sometimes leads to barrenness—and to suggest remedies both for the prevention and for the cure of such causes.

It is an astounding and lamentable fact, that one out of eight—that twelve and a-half per cent. of all the wives of England are barren, are childless! A large majority of this twelve and a-half per cent. might be made fruitful, if a more judicious plan of procedure than is at present pursued were adopted.

My anxious endeavors, in the following pages, will be to point out remedies for the evil, and to lay down rules—rules which, I hope, my fair reader will strenuously follow.

My theme, then, is Health—the Health of Wives—and the object I shall constantly have in view will be the best means both of preserving it and of restoring it when lost. By making a wife strong, she will not only, in the majority of cases, be made fruitful, but capable of bringing *healthy* children into the world. This latter inducement is of great importance; for puny children are not only an anxiety to their parents, but a misery to themselves, and a trouble to all around! Besides, it is the children of America that are to be her future men and women—her glory and her greatness! How desirable it is, then, that her children should be hardy and strong!

A wife may be likened to a fruit tree, a child to its fruit. We all know that it is as impossible to have fine fruit from an unhealthy tree as to have a fine child from an unhealthy mother. In the one case, the tree either does not bear fruit at all—is barren—or it bears undersized, tasteless fruit—fruit which often either immaturely drops from the tree, or, if plucked from the tree, is useless; in the other case, the wife either does not bear children—she is barren—or she has frequent miscarriages—"untimely fruit"—or she bears puny, sickly children, who often either drop into an early grave, or, if they live, probably drag out a miserable existence. You may as well expect "to gather grapes of thorns, or figs of thistles," as healthy children from unhealthy parents!

Unhealthy parents, then, as a matter of course have unhealthy children; this is as truly the case as the night follows the day, and should deter both man and woman so circumstanced from marrying. There are numerous other complaints besides scrofula and insanity inherited and propagated by parents. It is a fearful responsibility,

both to men and women, if they be not healthy, to marry. The result must, as a matter of course, be misery!

If a wife is to be healthy and strong, she must use the means—she must sow before she can reap; health will not come by merely wishing for it! The means are not always at first agreeable; but, like many other things, habit makes them so. Early rising, for instance, is not agreeable to the lazy, and to one fond of her bed; but it is essentially necessary to sound health. Exercise is not agreeable to the indolent; but no woman can be really strong without it. Thorough ablution of the whole body is distasteful and troublesome to one not accustomed to much washing—to one laboring under a kind of hydrophobia; but there is no perfect health without the *daily* cleansing of the *whole* skin.

But all these processes entail trouble. True: is anything in this world to be done without trouble? and is not the acquisition of precious health worth trouble? Yes, it is worth more than all our other acquisitions put together! Life without health is a burden; life with health is a joy and gladness! Up, then, and arouse yourself, and be doing! No time is to be lost if you wish to be well, to be a mother, and to be a mother of healthy children. The misfortune of it is, many ladies are more than half asleep, and are not aroused to danger till danger stares them in the face; they are not cognizant of ill health slowly creeping upon them, until, in too many cases, the time is gone by for relief, and ill health has become confirmed—has become a part and parcel of themselves; they do not lock the stable until the steed be stolen; they do not use the means until the means are of no avail:

"Our remedies oft in ourselves do lie,
Which we ascribe to Heaven: the fated sky
Gives us free scope; only doth backward pull
Our slow designs, when we ourselves are dull."
—*Shakespeare.*

Idleness is the mother of many diseases; she breeds them, feeds them, and fosters them, and is, moreover, a great enemy to fecundity. Idleness makes people miserable. I have heard a young girl—surrounded with every luxury—bemoan her lot, and complain that she was most unhappy in consequence of not having anything to do, and who wished that she had been a servant, so that she might have been obliged to work for her living. Idleness is certainly the hardest work in the world.

It frequently happens that a lady, surrounded with every luxury and every comfort, drags out a miserable existence; she can not say that she ever, even for a single day, really feels well and strong. This is not to live—

"For life is not to live, but to be well."

If a person be in perfect health, the very act of living is itself thorough enjoyment, the greatest this world can ever bestow. How needful it therefore is that all necessary instruction should be imparted to every Young Wife, and that proper means should, in every way, be used to insure health!

The judicious spending of the first year of married life is of the greatest importance in the making and in the strengthening of a wife's constitution, and in preparing her for having a family. How sad it is, then, that it is the first twelve months that is, as a rule, especially chosen to mar and ruin her own health, and to make her childless! The present fashionable system of spending

the first few months of married life in a round of visiting, of late hours, and in close and heated rooms, calls loudly for a change. How many valuable lives have been sacrificed to such a custom! How many miscarriages, premature births, and still-born children, have resulted therefrom! How many homes have been made childless — desolate — by it! Time it is that common-sense should take the place of such folly! The present system is abominable, is rotten at the core, and is fraught with the greatest danger to human life and human happiness. How often a lady is, during the first year of her wifehood, gadding out night after night,—one evening to a dinner party, the next night to private theatricals, the third to an evening party, the fourth to the theater, the fifth to a ball, the sixth to a concert, until in some cases every night except Sunday night is consumed in this way,—coming home frequently in the small hours of the morning, through damp or fog, or rain or snow, feverish, flushed, and excited—too tired until the morning to sleep, when she should be up, out, and about. When the morning dawns she falls into a heavy, unrefreshing slumber, and wakes not until noon, tired, and unfit for the duties of the day! Night after night—gas, crowded rooms, carbonic acid gas, late hours, wine, and excitement, are her portion. As long as such a plan is adopted, the preacher preacheth but in vain. Night after night, week after week, month after month, this game is carried on, until at length either an illness or broken health supervenes. Surely these are not the best means to insure health and a family and healthy progeny! The fact is, a wife nowadays is too artificial; she lives on excitement; it is like drinking no wine but champagne, and

like champagne taken in excess, it soon plays sad havoc with her constitution. The pure and exquisite enjoyments of nature are with her too commonplace, tame, low, and vulgar. How little does such a wife know of the domestic happiness so graphically and sweetly described by that poet of the affections, Cowper:

> "Fireside enjoyments, home-born happiness,
> And all the comforts that the lowly roof
> Of undisturb'd retirement, and the hours
> Of long uninterrupted evening, know."

A fashionable lady might say, "I can not give up fashionable amusements; I must enjoy myself as others do; I might as well be out of the world as out of the fashion." To such a one I reply, "I myself am not a fashionist—it is not in my line; and as in the following pages I have to tell some plain unvarnished truths, my advice to you is, Close this book at once and read no more of it, as such a work as this can not be of the slightest use to you, however it might be to one who values health 'as a jewel of great price'—as one of her most precious earthly possessions." Really the subject is assuming such a serious aspect that it behooves a medical man to speak out plainly and unreservedly, and to call things by their right names. Fashion is oftentimes but another name for suicide and for baby-slaughter—for "massacre of the innocents!" God help the poor unfortunate little child whose mother is a votary of fashion, who spends her time in a round and whirl of fashionable life, and leaves her child to the tender mercies of servants, who "gang their ain gait," and leave their little charge to do the same. Such a mother is more unnatural than a wild beast; for a wild beast, as a rule, is gentle, tender,

and attentive to its offspring, scarcely ever for a moment allowing its young to be out of its sight. Truly, fashionable life deadens the feelings and affections. I am quite aware that what I have just now written will, by many fashionable ladies, be pooh-poohed, and be passed by as "the idle wind." They love their pleasures far above either their own or their children's health, and will not allow anything, however precious, to interfere with them; but still I have confidence that many of my judicious readers will see the truth and justness of my remarks, and will profit by them.

A round of visiting, a succession of rich living, and a want of rest during the first year of a wife's life, often plays sad havoc with her health, and takes away years from her existence. Moreover, such proceedings often mar the chances of her ever becoming a mother, and then she will have real cause to grieve over her fatuity.

A French poet once sung that a house without a child is like a garden without a flower, or like a cage without a bird. The love of offspring is one of the strongest instincts implanted in woman; there is nothing that will compensate for the want of children. A wife yearns for them; they are as necessary to her happiness as the food she eats and as the air she breathes. If this be true—which, I think, can not be gainsayed—how important is our subject,—one of the most important that can in this world engage one's attention, requiring deep consideration and earnest study.

The first year of a married woman's life generally determines whether, for the remainder of her existence, she shall be healthy and strong, or shall be delicate and weak: whether she shall be the mother of fine, healthy children,

or—if, indeed, she be a mother at all—of sickly, undersized offspring—

> "Born but to weep, and destined to sustain
> A youth of wretchedness, an age of pain."

If she be not a parent, her mission in life will be only half performed, and she will be robbed of the greatest happiness this world can afford. The delight of a mother, on first calling a child her own, is exquisite, and is beautifully expressed in the following lines—

> "He was my ain, and dear to me
> As the heather-bell to the honey-bee,
> Or the braird to the mountain hare."

I should recommend a young wife to remember the momentous mission she has to fulfill; to ponder on the importance of bringing *healthy* children into the world; to bear in mind the high duties that she owes herself, her husband, her children, and society; to consider well the value of health—"The first wealth is health;" and never to forget that "life has its duties ever."

A young married lady ought at once to commence to take regular and systematic *out-door exercise*, which might be done without in the least interfering with her household duties. There are few things more conducive to health than walking exercise; and one advantage of our climate is, that there are but few days in the year in which, at some period of the day, it might not be taken. Walking—I mean a walk, not a stroll—is a glorious exercise; it expands the chest and throws back the shoulders; it strengthens the muscles; it promotes digestion, making a person digest almost any kind of food; it tends to open the bowels, and is better than any aperient pill ever in-

vented; it clears the complexion, giving roses to the cheeks and brilliancy to the eye, and, in point of fact, is one of the greatest beautifiers in the world. It exhilarates the spirits like a glass of champagne, but, unlike champagne, it never leaves a headache behind. If ladies would walk more than they do, there would be fewer lackadaisical, useless, complaining wives than there at present are; and, instead of having a race of puny children, we should have a race of giants. Walking exercise is worthy of all commendation, and is indispensable to content, health, strength, and comeliness. Of course, if a lady be pregnant, walking must then be cautiously pursued; but still, walking in moderation is even then absolutely necessary, and tends to keep off many of the wretchedly depressing symptoms, often, especially in a first pregnancy, accompanying that state. I am quite sure that there is nothing more conducive to health than the wearing out of lots of shoe-leather, and that leather is cheaper than physic.

Walking is even more necessary in the winter than in the summer. If the day be cold, and the roads be dirty, provided it be dry above, I should advise my fair reader to put on thick boots and a warm shawl, and to brave the weather. Even if there be a little rain and much wind, if she be well wrapped up, neither the rain nor the wind will harm her. A little sprinkling of rain, provided the rules of health be followed, will not give her cold. Much wind will not blow her away. She must, if she wishes to be strong, fight against it; the conflict, will bring the color to her cheek and beauty to her eye.

Let her exert herself; let her mind conquer any indolence of the body; let her throw off her lethargy—it only requires a little determination; let her be up and doing·

for life, both to man and woman, is a battle, and must be fought valiantly.

Bear in mind, then, that if a lady is to be healthy, she *must* take exercise, and that not by fits and starts, but regularly and systematically. A stroll is of little use; she must walk! And let there be no mistake about it, for Nature will have her dues: the muscles require to be tired, and not to be trifled with; the lungs ask for the revivifying air of heaven, and not for the stifling air of a close room; the circulation demands the quickening influence of a brisk walk, and not to be made stagnant by idleness.

This world was never made for idleness; everything around and about us, tells of action and of progress. Idle people are miserable people; idle people are diseased people; there is no mistake about it. There is no substitute in this world for exercise and for occupation; neither physic nor food will keep people in health; they must be up and doing, and buckle on their armor, and fight, as every one has to fight, the battle of life! Mr. Milne, the master of the North Warwickshire hounds, lately, at a hunt dinner, pithily remarked "that fox-hunting was the best physic for improving a bad constitution." I am quite sure, with regard to the fair sex, that an abundance of walking exercise and of household occupation, is decidedly the best physic for improving a lady's constitution, more especially if she have, as unfortunately too many of them have, a bad one; indeed, an abundance of walking exercise and of household occupation will frequently convert a bad into a good constitution.

Moreover, there is not a greater beautifier in the world than fresh air and exercise; a lady who lives half her time

in the open air, in God's sunshine, and who takes plenty of walking exercise, has generally a clear and beautiful complexion—

"She looks as clear
As morning roses newly washed with dew."
—*Shakespeare.*

Do not let me be misunderstood: I am not advocating that a delicate lady, unaccustomed to exercise, should at once take violent and long-continued exercise; certainly not. Let a delicate lady *learn* to take exercise, as a young child would *learn* to walk—by degrees; let her creep, and then go; let her gradually increase her exercise, and let her do nothing either rashly or unadvisedly. If a child attempted to run before he could walk, he would stumble and fall. A delicate lady requires just as much care in the training to take exercise, as a child does in the learning to walk; but exercise must be learned and must be practiced, if a lady, or any one else, is to be healthy and strong. Unfortunately, in this our day, the importance of exercise as a means of health is but little understood, and but rarely practiced; notwithstanding, a lady may rest assured that until a "change comes o'er the spirit of her dreams," ill health will be her daily and constant companion.

A lady should walk *early* in the morning, and not *late* in the evening. The dews of evening are dangerous, and are apt to give severe colds, fevers, and other diseases. Dew is more likely to cause cold than rain—

"The dews of the evening most carefully shun—
Those tears of the sky for the loss of the sun."
—*Chesterfield.*

A breath of wind is not allowed to blow on many a fair face. The consequence is, that her cheek becomes

sallow, wan, "as wan as clay," and bloodless, or if it has a color, it is the hectic flush, which tells of speedy decay!

Sitting o'er the fire will spoil her complexion, causing it to be muddy, speckled and sallow. The finest complexion in a lady I ever saw, belonged to one who would never go, even in the coldest weather, near the fire; although she was nearly thirty years of age, her cheeks were like roses, and she had the most beautiful red and white I ever beheld; it reminded me of Shakespeare's matchless description of a complexion:

> "'T is beauty truly blent, whose red and white
> Nature's own sweet and cunning hand laid on."

Sitting over the fire will make her chilly, nervous, dyspeptic, and dispirited. It will cause her to be more chilly, and thus will make her more susceptible of catching cold; and it will frequently produce chilblains. If she be cold, the sitting over the fire will only warm her for the time, and will make her feel more starved when she leaves it. Crouching over the fire as many do, is ruination to health and strength and comeliness! Sitting over the fire will make her nervous: the heat from the fire is weakening beyond measure to the nerves. It will disorder and enfeeble her stomach—for nothing debilitates the stomach like great heat—and thus make her dyspeptic; and if she be dyspeptic, she will, she must be dispirited. The one follows the other, as surely as the night follows the day.

If sitting over the fire be hurtful, sitting with the back to the fire is still more so. The back to the fire often causes both sickness and faintness, injures the spine, and weakens the spinal marrow, and thus debilitates the whole frame.

A walk on a clear frosty morning is as exhilarating to the spirits, as the drinking of champagne—with this difference, that on the day following, the head is improved by the one, but not always by the other. Simple nature's pleasures are the most desirable—they leave no sting behind them!

There is nothing like a long walk to warm the body, and to make the blood course merrily through the blood-vessels. I consider it to be a great misfortune, that my fair countrywomen do not use their legs more, and their carriages less. "As to exercise, few women care to take it for mere health's sake. The rich are too apt to think that riding in a close varnish-smelling carriage, ought to be a very good substitute for muscular struggles in the open air."

Unfortunately, this is an age of luxury. Everything is artificial, and disease and weakness, and even barrenness, follow as a matter of course. In proof of my assertion that this is an age of luxury, look at the present sumptuous style of living: carriages rolling about in every direction; dining-tables groaning under the weight of rich dinners, and expensive wines flowing like water; grand dresses sweeping the streets, almost doing away with the necessity for scavengers. I say, advisedly, *streets;* for *green fields* are, unfortunately, scarcely ever visited by ladies. We are almost, in extravagance, rivaling ancient Rome just before luxury sapped her strength and laid her in ruins!

If a lady has to travel half a mile she must have her carriage. Strange infatuation! Is she not aware that she has hundreds of muscles that want exercising? that she has lungs that require expanding? that she has nerves that demand bracing? that she has blood that needs cir-

culating? And how does she think that the muscles can be exercised, that the lungs can be expanded, that the nerves can be braced, and that the blood can be properly circulated, unless these are all made to perform their proper functions by an abundance of *walking* exercise? It is utterly impossible!

Does she desire to be strong? Then let her take exercise! Does she hope to retain her bloom and her youthful appearance, and still to look charming in the eyes of her husband? Then let her take exercise! Does she wish to banish nervousness and low spirits? Then let her take exercise! There is nothing standing still in Nature: if it were, creation would languish and die. There is a perpetual motion! And so must we be constantly employed (when not asleep), if we are to be healthy and strong! Nature will not be trifled with; these are her laws*— immutable and unchangeable, and we can not infringe them with impunity:

> "Labor is life! 'T is the still water faileth;
> Idleness ever despaireth, bewaileth;
> Keep the watch wound, for the dark night assaileth:
> Flowers droop and die in the stillness of noon.
> Labor is glory! The flying cloud lightens;
> Only the waving wing changes and brightens;
> Idle hearts only the dark future frightens;
> Play the sweet keys, wouldst thou keep them in tune! '

If a newly-married woman be delicate, as, unfortunately, too many are, she may be made to bear exercise well, provided she begins by taking a short walk at first— be it ever so short—and by gradually increasing it until she be able to take a tolerably long one. She might find

* "The whole world around us, and the whole world within us, are ruled by law."—The Duke of Argyle, *Good Words*, January, 1865.

it irksome at the beginning, and might be inclined to give it up in despair; but if she value her health and happiness, let me urge her to persevere, and she may depend upon it that she will be amply rewarded for her trouble.

A delicate lady frequently complains of *cold* feet; she has neither sufficient food nor sufficient exercise to keep them warm. Walking and plenty of nourishment are the best remedies she can use to warm them. If they be cold before retiring to rest—a frequent cause of keeping her awake—let her walk briskly for half an hour, before undressing for the night, about either the hall, or the landing, or a large room.

Some ladies declare that they are always cold, their feet especially, which are as cold as ice! The fact is, they not only do not take exercise enough, but they do not take nourishment enough—breakfast especially—to keep them warm. Many ladies really and truly half starve themselves; they consider it to be vulgar to eat much, and to satisfy their appetite! they deem it low to take a long walk: every poor woman can do that! it is much more easy and pleasant to loll back in an easy carriage, and to be rolled along! Truly; but if carriage exercise be more agreeable, is it as healthful? Certainly not: there is very little exercise in riding in a carriage; but every organ, muscle, nerve, and blood-vessel of the body is put into beneficial action by walking. Walking is essential to health; there is no substitute for it; there certainly is no perfect health without it.

The reason why my fair countrywomen take so much opening medicine is the want of exercise. How truly it has been said that "physic, for the most part, is nothing else but the substitute of exercise and temperance."

I consider it to be a grievous misfortune for any one—man, woman, or child—who can not, without the frequent taking of physic, keep the bowels regular. When such is the case there is something wrong, very wrong, about her system and about her proceedings, and the sooner the matter is inquired into and rectified, the better. The necessity of a constant swallowing of opening medicine is a proof of chronic ill health, and will in time injure her constitution beyond remedy. I can not speak too strongly on this subject; I have, in my professional experience, seen so much mischief and misery caused by the frequent swallowing of opening pills, that I should not do my duty if I did not raise my voice against the abominable custom. Why, many ladies make a practice, during the whole of their lives, of taking two or three times a week opening pills! The bowels, they say, will not act without them; but I maintain that if they would resolutely refrain from swallowing them, and adopt the rules of health laid down in these pages, they would be able altogether to dispense with them, to their great benefit and delectation. But then the rules of health require trouble and perseverance—(and what that is worth having does not?)—while the swallowing of a couple of pills might be done quickly, and with very little trouble; but although the frequent taking of pills gives at the time but little trouble, they cause much trouble afterward! Look, then, at the results of each system, and decide accordingly. It has been said that "gluttony kills more than the sword;" my conviction is, that the constant taking of opening medicines kills more than gluttony and the sword combined! The abuse of aperients is one of the crying evils of the day,

and who so proper as a medical man to raise his voice to suppress, or at all events to lessen, the evil?

If a lady be costive, and is in consequence inclined to take a dose of physic, let me advise her to take instead a long walk, which will in the majority of cases do her vastly more good; and if requiring repetition, the one is far more agreeable, and the effects are much more likely to be lasting than the other. Exercise, I am quite sure, is, as a rule, in the long run much more effectual and beneficial than opening physic.

A newly-married wife ought to be cautious in the taking of horse exercise. As long as she be *not* pregnant, horse exercise is very beneficial to health, and is a great enjoyment; but the moment symptoms of pregnancy develop themselves, she must instantly give it up, or it will probably cause her to miscarry.

Let her breathe the pure air of heaven, rather than the close contaminated air either of an assembly or of a concert-room. The air of an assembly or of a concert-room is contaminated with carbonic acid gas. The gas-lights and the respiration of numbers of persons give off carbonic acid gas, which gas is highly poisonous.

The truth of this assertion is patent to every one who will observe the effects that a large assembly, more especially in the evening, when the gas or candles are flaring away, has on the system; the headache, the oppression, the confusion of ideas, the loss of appetite, the tired feeling, followed by a restless night—all tell a tale, and loudly proclaim that either an assembly or a concert-room is not a fit place for a young wife desirous of having a family.

Let a young married lady attend well to the *ventila-*

tion of her house. She may depend upon it that ventilation, thorough ventilation, will prove one of the best friends she has in the world. Let her give directions to her servant to have early every morning every window in the house opened, as the *morning* air is fresher and sweeter than it is later in the day. "For ventilation, open your windows both at top and bottom. The fresh air rushes in one way, while the foul makes its exit the other. This is letting in your friend and expelling your enemy." This opening of the window, top and bottom, of course applies only to the rooms that are *unoccupied:* in an *occupied* room in hot weather one sash only—the lower, as a rule, is best—ought to be opened. If the *upper* be lowered when the room is occupied, the cold air is apt to strike on the top of the head, and to give cold.

Let her give orders that every chimney in the house be unstopped, and let her see for herself that her orders have been obeyed; for servants, if they have the chance, will stop up chimneys, as they are fully aware that dust and dirt will come down chimneys, and that it will give them a little extra work to do. But the mistress has to see to the health of herself and of her household, which is of far more consequence than either a little dirt or extra work for her servants.

She may rest assured that it is utterly impossible for herself and for her family to have perfect health if the chimneys are allowed to be stopped. I assert this fearlessly, for I have paid great attention to the subject. If the chimney be stopped, the apartment *must* necessarily become contaminated with carbonic acid gas, the refuse of respiration, which is, as I have before stated, a *deadly* poison.

Chimneys, in many country houses, are permanently and hermetically stopped: if we have the ill-fortune to sleep in such rooms, we feel half-suffocated. *Sleep*, did I say? No! *tumble* and *toss* are the right words to express the real meaning; for in such chambers very little sleep do we get,—unless, indeed, we open the windows to let in the air, which, in such an extremity, is the only thing, if we wish to get a wink of sleep, we can do! Stopped up bed-room chimneys is one and an important reason why some persons do not derive the benefit they otherwise would do of change of air to the country.

I unhesitatingly declare that ninety-nine bed-rooms out of every hundred are badly ventilated; that in the morning, after they have been slept in, they are full both of impure and of poisoned air. I say, advisedly, impure and poisoned air, for the air becomes foul and deadly if not perpetually changed—if not constantly mixed, both by day and by night, with fresh, pure, external air. Many persons, by breathing the same air over and over again, are literally "poisoned by their own breaths!" This is not an exaggerated statement,—alas, it is too true! Let every young wife remember that she requires just as much pure air in the night as in the day; and if she does not have it, her sleep will neither refresh her nor strengthen her, but that she will rise in the morning more weary than on the previous night when she retired to rest.

The way to make a house healthy, and to keep off disease, is by *thorough ventilation*—by allowing a current of air, both by day and by night, to constantly enter and to sweep through the house, and every room of the house. This may be done either by open sky-light or by open landing windows, which should *always* be left open; and

by allowing every chamber window to be wide open during the day, and every chamber door to be a little open both by night and by day, having a door-chain on each door during the night to prevent intrusion.

Let her, if she can, live in the country. In a town, coal fires—manufactories, many of them unhealthy—confined space—the exhalations from the lungs and from the skin of the inhabitants, numbers of them diseased,—all tend to load the air with impurities. Moreover, if in the town she desire a walk, it is often itself a walk, and a long one too, before she can get into the country—before she can obtain glimpses of green fields and breathe the fresh air; hence walks in the town do but comparatively little good. In the country her lungs are not cheated: they get what they want—a good article, pure air—and the eye and heart are both gladdened with the beauties of nature. I consider the following remark of Dr. Grosvenor, in his excellent *Essay on Health*, very pertinent. He observes: "Hence it is that one seldom sees in cities, courts, and rich houses, where people eat and drink, and indulge in the pleasure of appetite, that perfect health and athletic soundness and vigor which is commonly seen in the country, in the poor houses and cottages, where nature is their cook and necessity is their caterer, where they have no other doctor but the sun and fresh air, and no other physic but exercise and temperance."

Cold air is frequently looked upon as an enemy, instead of being contemplated as, what it really is to a healthy person, a friend. The effect of cold upon the stomach is well exemplified in a walk in frosty weather, producing an appetite. "Cold air," says Dr. Cullen, "applied with exercise, is a most powerful tonic with respect

to the stomach; and this explains why, for that purpose, no exercise within doors, or in close carriages, is so useful as that in the open air."

Hot and close rooms, soft cushions, and luxurious couches, must be eschewed. I have somewhere read, that if a fine, healthy whelp of the bull-dog species were fed upon chicken, rice, and delicacies, and made to lie upon soft cushions, and if, for some months, he were shut up in a close room, when he grew up he would become unhealthy, weak, and spiritless. So it is with a young married woman; the more she indulges, the more unhealthy, weak, and inanimate she becomes—unfit to perform the duties of a wife and the offices of a mother, if, indeed, she be a mother at all!

Rich and luxurious ladies are less likely to be blessed with a family than poor and hard-worked women. Here is, to a vengeance, compensation! Compensation usually deals very justly both to man and womankind. For instance, riches and childlessness, poverty and children, laziness and disease, hard work and health, a hard-earned crust and contentment, a gilded chamber and discontent—

> "These are ofttimes wedded as man and wife,
> And linked together, hand in hand, through life."

Riches seldom bring health, content, many children, and happiness; they more frequently cause disease, discontent, childlessness, and misery. Riches and indolence are often as closely united as the Siamese twins, disease and death frequently following in their train. "Give me neither poverty nor riches" was a glorious saying of the wisest of men. Rich and luxurious living, then, is very antagonistic to fecundity. This might be one reason why

MAN'S STRENGTH AND WOMAN'S BEAUTY.

THE PERFECT PHYSICAL FORM.

poor curates' wives and poor Irish women generally have such large families. It has been proved by experience that a diet, principally consisting of milk, buttermilk, and vegetables, is more conducive to fecundity than a diet almost exclusively of meat. In illustration of my argument, the poor Irish, who have usually such enormous families, live almost exclusively on buttermilk and potatoes; they scarcely eat meat from year's end to year's end. Riches, if it prevent a lady from having children, is an evil and a curse, rather than a good and a blessing; for, after all, the greatest treasures in this world are "household treasures"—healthy children! If a wife be ever so rich, and she be childless, she is, as a rule, discontented and miserable. Many a married lady would gladly give up half her worldly possessions to be a mother; and well she might—children are far more valuable. I have heard a wife exclaim with Rachael, "Give me a child, or I die."

If a young wife be likely to have a family, let her continue to live heartily and well; but if she have been married a year or two without any prospect of an increase, let her commence to live abstemiously on fresh milk, buttermilk, bread, potatoes, and farinaceous diet, with very little meat, and *no stimulants whatever;* let her live, indeed, very much either as a poor curate's wife, or as a poor Irish woman is compelled to live.

It is not the poor woman that is cursed with barrenness,—she has often more mouths than she can well fill; but the one that frequently labors under that ban is the pampered, the luxurious, the indolent, the fashionable wife; and most assuredly, until she change her system of living to one more consonant with common-sense, she

will continue to do so. It is grievous to contemplate that oftentimes a lady, with every other temporal good, is deficient of two earthly blessings—health and children; and still more lamentable, when we know that they frequently arise from her own seeking, that they are withheld from her in consequence of her being a votary of fashion. Many of the ladies of the present day, too, if they do bear children, are, from delicacy of constitution, quite unable to suckle them. Should such things be? But why, it might be asked, speak so strongly and make so much fuss about it? Because the disease is become desperate, and delays are dangerous—because children among the higher ranks are become few and far between; and who so proper as a medical man to raise his voice to proclaim the facts, the causes, and the treatment? I respectfully inquire of my fair reader, Is fashion a wife's mission? If it be not, what is her mission? I myself have an idea—a very ancient and an almost obsolete one—that the mission of a wife is a glorious mission, far removed from fashion and from folly. A fashionable wife, after a fashionable season, is frequently hysterical and excitable, and therefore exhausted; she is more dead than alive, and is obliged to fly to the country and dose herself with quinine to recruit her wasted energies. Is such a wife as this likely to become a joyful mother of children? I trow not. Her time is taken up between pleasure and excitement to make herself ill, and nursing to make herself well, in order that she may, at the earliest possible moment, again return to her fashionable pursuits, which have with her become, like drinking in excess, a necessity. Indeed, a fashionable life is a species of intoxication. Moreover, wine-drinking in excess and a fash-

ionable life are usually joined together. Sad infatuation, destructive alike to human life and human happiness—a road that often leads to misery, disappointment, and death! These are strong expressions, but they are not stronger than the subject imperatively demands—a subject which is becoming of vital importance to the well-being of society, and, in the higher ranks, even to its very existence, and which must, ere long, engross the attention of all who love their country. Fashion is a sapper and miner, and is ever hard at work sapping and undermining the constitutions of its votaries. Something must be done, and that quickly, to defeat its machinations, otherwise evils will, past remedy, be consummated.

I consider *thorough ablution* of the body every morning one of the most important means of health to a young wife; "while the poor, in the matter of washing, are apt to think that they can put off till Saturday what ought to be performed every day, and that they can wind up the week by a good wash with impunity." There is nothing more tonic and invigorating and refreshing than cold ablution.

Moreover, it makes one feel clean and sweet and wholesome; and you may depend upon it, that it not only improves our physical constitution, but likewise our moral character, and makes our minds more pure and holy. A dirty man has generally a dirty mind!

The ewers and basins in our own country are, for the purposes of thorough ablution, ridiculously small, while on the Continent they are still smaller. They are of pigmy dimensions—the basins being of a size of an ordinary slop-basin, and the ewer holding enough water to wash a finger. How can persons with such appliances be either decently clean, or sweet, or thoroughly healthy?

It is utterly impossible. Many people on the Continent have a dread of water—they labor under a species of hydrophobia: hence, one reason why the ewers and basins are of such dwarfish proportions.

A young wife ought to strip to the waist, and then proceed to wash her face after the manner so well described by Erasmus Wilson in his work on *Healthy Skin*. He says: "Fill your basin about two-thirds full with fresh water; dip your face in the water, and then your hands. Soap the hands well, and pass the soaped hands with gentle friction over the whole face. Having performed this part of the operation thoroughly, dip the face in the water a second time, and rinse it completely; you may add very much to the luxury of the latter part of the process by having a second basin ready with fresh water to perform a final rinsing. . . . In washing the face, you have three objects to fulfill: to remove the dirt, to give freshness, and to give tone and vigor to the skin." Now for the remaining process of ablution. Having well rubbed her neck with her soaped hands, she ought thoroughly to bathe her neck, her chest, and arms, by means of a large sponge dipped in cold water—the colder the better. She can not cleanse her own shoulders, back, and loins with a sponge—she can not get to them. To obviate this difficulty, she ought to soap a piece of flannel, a yard and a-half long and half a yard wide, folded length-ways, in *cold* water, and throwing it over her shoulders, as she would a skipping-rope, she should for a few times work it from right to left and from left to right, "and up and down, and then athwart," her loins and back and shoulders. This plan will effectually cleanse parts that she could not otherwise reach, and will be most refreshing and delightful. She

should then put both her hands, her forearms, and her arms, into the basin of water as far as they will reach, and keep them in for a few seconds, or while she can count fifty. The wet parts should be expeditiously dried. Then, having thrown off her remaining clothes, and merely having her slippers on, she ought to sit for a few seconds, or while in the winter she can count fifty, or while in the summer she can count a hundred, either in a sitz-bath,* or in a very large wash-hand basin—called a nursery-basin† (sold for the purpose of giving an infant his morning bath)—containing water to the depth of three or four inches. While sitting either in the bath or in the basin, she ought in the winter time to have either a small blanket or a woolen shawl thrown over her shoulders. If she has any difficulty in getting in and out of the basin, she should place a chair on each side of the basin; she can then, by pressing upon the chairs with her elbows, arms, and hands, readily do so.

If a lady be too delicate to take a sitz-bath, or if a sitz-bath should not agree with her, then she ought every morning to use the bidet, and, while sitting over it, she should sponge the parts with the water, allowing the water for a few seconds to stream over them. Every lady should bear in mind that either the sitz-bath or the bidet, every morning of her life (except under certain circumstances), is absolutely essential to her comfort and her well-being.

---

* Which may be procured of any respectable ironmonger.

† A nursery-basin holding six or eight quarts of water, according to the size of the patient—whether she be either a little or a large woman. It will only be necessary to fill it about one-third full with water: this, of course, is only for the sitz-bath—the sitting-bath. The same basin for the *previous* washing ought to have been three parts full of water.

At first, until she become accustomed to the cold, (which she will do in a few days,) she ought to use the water *tepid,* but the sooner she can use *cold* water, and that plentifully, the better—as it will greatly contribute to her health and strength. But, as I said before, the process ought to be quickly performed, as it is the shock in bracing and in strengthening the system that does so much good.

When a lady is very delicate, it may, *during the winter,* be necessary to put a dash of *warm* water into the bath, in order to take off the *extreme* chill; but, as she becomes stronger, she will be able to dispense with the *warm* water, as the colder the water is, provided she can bear it, the more good it will do her.

If her loins or her back are at all weak, the addition either of a large handful of table-salt, or of a small handful of bay-salt, or of a lump of rock-salt,* dissolved in the water in the sitz-bath, will be of great service to her.

The feet and the legs ought every morning to be bathed—not by standing in the water, but, on the completion of the washing of the other parts of the body, by putting one foot at a time for a few seconds (not minutes) in the basin containing the water (the basin for that purpose being placed on the floor), and well and quickly washing the foot, either with a flannel or with a sponge, and well cleansing with the finger and thumb between each toe, and allowing the water from the sponge or flannel to stream into the basin from the knee downward. All this, of course, must be done expeditiously; and care

* Rock-salt makes the strongest bath, but is much more difficult to dissolve in the water, than either table-salt or bay-salt—the two latter being so readily dissolved.

ought to be taken, after such ablution, to well dry with a towel between each toe. The washing of the feet as above directed will be a great refreshment, and will be most beneficial to health, and will be a means of warding off colds, of preventing chilblains, and of preserving the feet in a sweet and healthy state. The feet ought to be kept as clean, if not cleaner, than the hands. Parts that are not seen should be kept cleaner than parts that are seen. Filth is apt to gather in covered-up places.

The moment she has finished her bath, she ought quickly to dry herself. I should recommend her to use as a towel the Turkish rubber; it will cause a delightful glow of the whole body.

The whole of the body, except the hair of the head, is, by the above method, every morning thoroughly washed. The hair of the head ought occasionally, even with soap and water, to be cleansed, to keep it clean and sweet and wholesome; for nothing is more dirty if it be not well attended to than human hair, and nothing is more repulsive than a dirty head.

Brushing of the hair, although beneficial both to the hair and health, will not alone thoroughly cleanse the hair and scalp.

Some ladies attempt to clean their hair by simply washing it either with rosemary or with rose-water, or with other washes; but there is no more effectual way of doing it than occasionally by a flannel and soap and water.

Bathing in the sea during the season, provided no grease has been previously used, is very good for the hair; it both strengthens the roots and beautifies the color.

I should advise my fair reader not to plaster her hair either with grease or with pomade, or with other un-

known compounds: many of them are apt to make the head dirty, scurfy, and sore.

It might be said that it is utterly impossible for a lady to keep her hair tidy, unless she uses some application to it. If such be the case, either a little best olive oil or scented castor oil, or cocoanut oil, may, by means of an old toothbrush, be applied to smooth the hair.

If the hair should fall off, either a little cocoanut oil or a little scented castor oil, well rubbed every night and morning into the roots, is an excellent dressing. These are simple remedies, and can never do any harm, which is more than can be said of many quack nostrums, which latter often injure the hair irreparably.

The best carpet, either for a bath-room or for a dressing-room, is kamptulicon, as the water spilt upon it after the use of a bath or ablution can, by means of a flannel, be readily absorbed; the window ought then to be thrown wide open, and the room will be quickly dried.

It would be well for her, when practicable, to have, after she has finished dressing, a quarter of an hour's walk, either in the garden or in the grounds, in order to insure a reaction, and thus to induce a healthy glow of the circulation, and to give her an appetite for her breakfast. A quarter of an hour's walk *before* breakfast is more beneficial to health than an hour's walk *after* breakfast.

If a lady have not been accustomed to a thorough ablution, as just directed, of her whole body, let her, if possible, before commencing, take a trip to the coast, and have a few dips in the sea; after which she might at once go through the processes above advised with safety, comfort, and advantage; but whether she be able to bathe in the sea or not, she must, if she is to be strong and healthy,

gradually accustom herself to a daily ablution of the whole of her body. The skin is a breathing apparatus, and unless it be kept clean it can not properly perform its functions. It might be said, it will take time and trouble daily to cleanse the whole of the skin: it will; but not more than ten minutes, or a quarter of an hour, to go through the whole of the above processes of bathing and of drying the skin. The acquisition of health takes both time and trouble; but nothing worth having in this world is done without it! There is no royal road to health; but although the path at first might be a little rugged and disagreeable, it soon becomes, from practice, smooth and pleasant!

Oh, if my fair reader did but know the value of *thorough* cold water ablutions, she would not lose a day before giving the plan I have above recommended a trial. It would banish all, or nearly all, her little ailments and nervousness; it would make her dispense with many of her wrappings; it would, in the winter time, keep her from coddling and crudling over the fire; it would cause her to resist cold and disease; it would, if she were inclined to constipation, tend to regulate her bowels; it would strengthen her back and loins; it would make her blooming, healthy and strong; and it would pave the way, and fit her, in due time, to become a mother, and the mother of fine, hearty children! My reader must not fancy that I have overdrawn the picture; I have painted it from life. "I only tell what I do know, and declare what I do believe." Let me urge but a trial, and then my fair inquirer will have cause to be thankful that she had been induced to carry out my views, and I shall rejoice that I have been the means of her doing so. Heal

what a physician and a poet, a man of sound sense and of sterling intellect, says of the value of ablution. He speaks of *warm* ablution, which certainly is, at the beginning of using *thorough* ablution, the best; but the sooner *cold* can be substituted for *warm*, the better it will be for the health and strength and spirits of the bather:

> "The warm ablution, just enough to clear
> The sluices of the skin, enough to keep
> The body sacred from indecent soil.
> Still to be pure, even did it not conduce
> (As much as it does) to health, were greatly worth
> Your daily pains; it is this adorns the rich;
> The want of it is poverty's worst foe.
> With this external virtue age maintains
> A decent grace! without it, youth and charms
> Are loathsome." —*Armstrong.*

With regard to diet.—Although I have a great objection (which I either have or will particularize) of a young wife taking rich food and many stimulants, yet I am a great advocate for an abundance of good wholesome nourishment.

The meager breakfasts of many young wives (eating scarcely anything) is one cause of so much sickness among them, and of so many puny children in the world.

Let every young wife, and, indeed, every one else, make a substantial breakfast. It is the foundation meal of the day; it is the first meal after a long—the longest fast. The meager, miserable breakfasts many young wives make is perfectly absurd; no wonder that they are weak, "nervous," and delicate. A breakfast ought, as a rule, to consist either of eggs or of cold chicken, or of cold game, or of bacon, or of ham, or of cold meat, or of mutton chops, or of fish, and of *plenty of good bread*, and *not* of either hot

buttered toast, or of hot rolls swimming in butter; both of which latter articles are like giving the stomach sponge to digest, and making the partaker of such food for the rest of the day feel weak, spiritless, and miserable. If she select coffee for breakfast, let the *half* consist of good fresh milk; if she prefer cocoa, let it be made of new milk instead of water; if she choose tea, let it be *black* tea, with plenty of cream in it. Milk and cream are splendid articles of diet. Let her then make a hearty breakfast, and let there be no mistake about it. There is no meal in the day so wretchedly managed, so poor and miserable, and so devoid of nourishment, as an English breakfast. Let every young wife, therefore, look well to the breakfast, that it be good and varied and substantial, or ill health will almost certainly ensue.

A meager unsubstantial breakfast causes a sinking sensation of the stomach and bowels, and for the remainder of the day a miserable depression of spirits. Robert Browning truly and quaintly remarks that

> "A sinking at the lower abdomen
> Begins the day with indifferent omen."

It frequently happens that a young wife has no appetite for her breakfast. She may depend upon it, in such a case, there is something wrong about her, and that the sooner it is rectified the better it will be for her health, for her happiness, and for her future prospects. Let her, then, without loss of time seek medical advice, that means may be used to bring back her appetite. The stomach in all probability is at fault; if it be, the want of appetite, the consequent sensation of sinking of the stomach, and the depression of the spirits are all explained; but

which, with judicious treatment, may soon be set to rights. If the loss of appetite for breakfast arise from pregnancy—and sometimes it is one of the earliest symptoms—time will rectify it, and the appetite, without the necessity of a particle of medicine, will shortly, with its former zest, return.

A young married woman's diet ought to be substantial, plain, and nourishing. She must frequently vary the kind of food; of meat especially, as also the manner of cooking it. Nature delights in variety of food, of air, and of exercise. If she were fed, for some considerable period, on one kind of meat, she could scarcely digest any other; and in time either a disordered or a diseased stomach would be likely to ensue. I have sometimes heard, with pain and annoyance, a patient advised to live on mutton-chops, and to have no other meat than mutton! Now, this is folly in the extreme. Such an unfortunate patient's stomach, in the course of time, would not be able to digest any other meat, and after awhile would have a difficulty in digesting even mutton-chops, and wretched and ruined health would to a certainty ensue.

Three substantial and nourishing meals a day will be sufficient. It is a mistaken notion to imagine that "little and often" is best. The stomach requires rest as much as, or more than, any other part of the body; and how, if food be constantly put into it, can it have rest? There is no part of the body more imposed and put upon than the human stomach:

> "To spur beyond
> Its wiser will the jaded appetite,—
> Is this for pleasure? Learn a juster taste,
> And know that temperance is true luxury."

It is a mistaken notion, and injurious to health, for a

young wife, or for any one else, to eat, just before retiring to rest, a hearty meat supper:

> "Oppress not nature sinking down to rest
> With feasts too late, too solid, or too full."

How often we hear a delicate lady declare that she can only eat one meal a day, and that is a hearty meat supper the last thing at night; and who, moreover, affirms that she can neither sleep at night, nor can she have the slightest appetite for any other meal but her supper, and that she should really starve if she could not have food when she could eat it! The fact is, the oppressed stomach oppresses the brain, and drives away sleep, and appetite, and health. The habit is utterly wrong, and oftentimes demands professional means to correct it.

How is it that sometimes a lady who has an excellent appetite is, notwithstanding, almost as thin as a rake? It is not what she eats, but what she digests, that makes her fat. Some people would fatten on bread and water, while others would, on the fat of the land, be as thin as Pharaoh's lean kine. Our happiness and our longevity much depend on the weakness or on the soundness of our stomachs: it is the stomach, as a rule, that both gauges our happiness and that determines the span of the life of both men and women. How necessary it is, then, that due regard should be paid to such an important organ, and that everything should be done to conduce to the stomach's welfare,—not by overloading the stomach with rich food; not by a scanty and meager diet; but by adopting a middle course, betwixt and between high living and low living—the *juste milieu*. We should all of us remember that glorious saying—those immortal words of St.

Paul—"Be temperate in all things." Where a lady is very thin, good fresh milk (if it agree) should form an important item of her diet. Milk is both fattening and nourishing, more so than any other article of food known; but it should never be taken at the same meal (except it be in the form of pudding) with either beer or wine: they are incompatibles, and may cause disarrangement of the stomach and bowels. Milk would often agree with an adult, where it now disagrees, if the admixture of milk with either beer or wine were never allowed.

Let me advise my fair reader to take plenty of time over her meals, and to chew her food well; as nothing is more conducive to digestion than thoroughly masticated food. No interruptions should be allowed to interfere with the meals; the mind, at such times, should be kept calm, cheerful, and unruffled, for "unquiet meals make ill digestions."

Many persons bolt their food! When they do, they are drawing bills on their constitutions which must inevitably be paid! The teeth act as a mill to grind and prepare the food for the stomach; if they do not do their proper work, the stomach has double labor to perform, and being unable to do it efficiently, the stomach and the whole body in consequence suffer.

The teeth being so essential to health, the greatest care should be taken of them: they should be esteemed among one's most precious possessions.

With regard to *beverage*, there is, as a rule, nothing better for dinner than either toast and water, or, if it be preferred, plain spring water—

"Naught like the simple element dilutes."
—*Armstrong*

and after dinner, one or two glasses of sherry. A lady sometimes, until she has had a glass of wine, can not eat her dinner; when such be the case, by all means let a glass of wine be taken,—that is to say, let her have it either just *before* or *during* dinner, instead of *after* dinner; or let her have one glass of sherry *before* or *during* dinner, and one glass *after* dinner.

A young wife sometimes has a languid circulation, a weak digestion, and constipated bowels; then a glass of sherry *during* dinner and another glass *after* dinner is beneficial; and however much she might dislike wine, she should be induced to take it, as the wine will improve her circulation, will strengthen her digestion, and will tend to open her bowels. But let me urge her never, unless ordered by a medical man, to exceed the two glasses of wine daily.

If wine does not agree, and if she require a stimulant, a tumblerful either of home-brewed ale or of Burton bitter ale ought, instead of water, to be taken at dinner. But remember, if she drink either beer or porter, she must take a great deal of out-door exercise; otherwise it will probably make her bilious. If she be inclined to be bilious, wine is superior to either beer or porter.

Brandy ought never to be taken by a young wife but as a medicine, and then but rarely, and only in cases of extreme exhaustion. It would be a melancholy and gloomy prospect for her to drink brandy daily; she would, in all probability, in a short time become a confirmed drunkard. There is nothing, *when once regularly taken*, more fascinating and more desperately dangerous than brandy-drinking. It has caused the destruction of tens of thousands both of men and of women!

A wife ought not, if she feel low, to fly on every occasion to wine to raise her spirits, but should try the effects of a walk in the country, and

> "Draw physic from the fields in *draughts* of vital air."
> —*Armstrong.*

An excitable wife is a weakly wife: "excitement is the effect of weakness, not of strength." Wine in large quantities will not strengthen, but, on the contrary, will decidedly weaken; the more the wine, the greater the debility and the greater the excitement—one follows the other as the night the day. A person who drinks much wine is always in a state of excitement, and is invariably weak, low, and nervous, and frequently barren. Alcoholic stimulants in excess are "a delusion and a snare," and are one of the most frequent causes of excitement, and therefore both of weakness and of barrenness. Alcohol, pure and undiluted, and in excess, is a poison, and is ranked among the deadly poisons; if a person were to drink, at one draught, half a pint of undiluted alcohol it would be the last draught he or she would ever, in this world, drink,—it would be as surely fatal as a large dose of either arsenic or strychnine! Brandy, whisky, gin and wine, are composed of alcohol as the principal ingredient; indeed, each and all of them entirely owe their strength to the quantity of alcohol contained therein. Brandy, whisky, gin, and wine, without the alcohol, would, each one of them, be as chip in porridge — perfectly inert. Brandy and wine, the former especially, contain large proportions of alcohol, and both the one and the other, in excess, either prevents a woman from conceiving, and thus makes her barren, or if she do conceive, it poisons the un-

born babe within her; and it either makes him puny and delicate, or it downright kills him in the womb, and thus causes a miscarriage. If he survive the poison, and he be born alive, he is usually, when born, delicate and undersized; if such a one be suckled by such a mother, he is subjected, if the mother can nurse him, which in such cases she rarely can, to a second course of poisoning; the mother's milk is poisoned with the alcohol, and the poor unfortunate little wretch, having to run the gantlet in the womb and out of the womb, pines and dwindles away, until at length he finds a resting-place in the grave! If you wish to make a dog small, give him, when he is a puppy, gin; the alcohol of the gin will readily do it: this is a well-known fact, and is, by dog-fanciers, constantly practiced. If you desire, in like manner, to make a Tom Thumb of a baby, give him the milk of a mother or of a wet-nurse who imbibes, in the form of wine or of brandy or of gin, alcohol in quantities, and the deed is done! Gin-drinking nursing mothers, it is well known, have usually puny children; indeed, the mother drinking the gin is only another way of giving gin to the babe—an indirect instead of a direct route, both leading to the same terminus. Brandy was formerly sold only by the apothecary; brandy is a medicine—a powerful medicine—and ought only to be prescribed as a medicine; that is to say, but seldom, in small and in measured quantities at a time, and only when absolutely necessary: now it is resorted to on every occasion as a panacea for every ill! If taken regularly, and in quantities, as unfortunately it frequently now is, it becomes a desperate poison—a pathway leading to the grave! It is utterly impossible for any person to hold in the mouth, for five minutes at a time, a

mouthful of neat brandy without experiencing intense suffering: if it has this fearful effect on the mouth, what effect must this burning fluid, when taken in quantities, have upon the stomach? Injury, most decided injury to the stomach, and, through the stomach, disease and weakness to the remainder of the body! Brandy is a wonderful and powerful agent: brandy has the effect, if taken in excess, and for a length of time, of making the liver as hard as a board. Brandy in large quantities, and in the course of time, has the power of making the body marvelously big—as big again; but not with firm muscle and strong sinew, not with good blood and wholesome juices—nothing of the kind; but of filling it full, even to bursting, with water! Brandy has the power of taking away a giant's strength, and of making him as helpless as a little child! Habitual brandy-drinking poisons the very streams of life! It would take more time and space than I have to spare to tell of the wonderful powers of brandy; but unfortunately, as a rule, its powers are more those of an angel of darkness than those of an angel of light! If the above statements be true (and they can not be contravened), they show the folly, the utter imbecility, and the danger, both to mother and to babe, of dosing a wife, be she strong or be she delicate, and more especially if she be delicate, with large quantities either of wine or of brandy. Brandy, gin, and whisky act on the human economy very much alike; for, after all, it is the quantity of alcohol contained in each of them that gives them their real strength and danger. I have selected brandy as the type of all of them, as brandy is now the fashionable remedy for all complaints, and, unfortunately, in too many instances the habit of drinking it, imperceptibly, but rapidly, increases, until at

length, in many cases, that which was formerly a teaspoonful becomes a tablespoonful, and eventually a wineglassful, with what result I have earnestly endeavored faithfully to portray. Avoid, then, the first step in regular brandy-drinking: it is the first step that ofttimes leads to danger, and eventually to destruction!

I am quite convinced that one cause of barrenness among ladies of the present day is *excessive* wine-drinking. This is an age of stimulants, and the practice is daily increasing. A delicate lady is recommended to take three or four glasses of wine daily. It seems, for the moment, to do her good, and whenever she feels low she flies to it again. The consequence is, that she almost lives upon wine, and takes but little else beside! Who are the fruitful women? Poor women who can not afford to drink stimulants; for instance, poor Irish women and poor curates' wifes, who have only, principally, water and milk and buttermilk to drink.

There is decidedly, among the higher ranks, more barrenness than formerly, and one cause of it, in my opinion, is the much larger quantity of wine now consumed than in the olden times. Many ladies now drink as many glasses of wine in one day as their grandmothers drank in a week; moreover, the wineglasses of the present day are twice the size of old-fashioned wineglasses; so that half a dozen glasses of wine will almost empty a bottle; and many ladies now actually drink, in the day, half a dozen glasses of wine!

In the wine-growing and wine-drinking country of France, barrenness prevails to a fearful extent; it has become there a serious consideration and a State question. Wine is largely consumed in France by ladies as well as by gentlemen. The usual and every-day quantity of wine

allowed *at* dinner at the *restaurants* of Paris, for each lady, is half a wine quart bottleful—a similar quantity to that allowed for each gentleman. Where a gentleman and a lady are dining together, and have a bottle of wine between them, it is probable that the former might consume more than his own share of the wine; but whether he does or not, the quantity the lady herself drinks is sadly too much either for her health or for her fruitfulness. I am, moreover, quite convinced that the quantity of wine—sour wine—consumed by French wives is not only very antagonistic to their fertility, but likewise to their complexions.

Wine was formerly a luxury, it is now made a necessary of life. Fruitful women, in olden times, were more common than they are now. Riches, and consequently wine, did not then so much abound, but children did much more abound. The richer the person, the fewer the children.

Wine is now oftentimes sucked in with a mother's milk! Do not let me be misunderstood; wine and brandy, in certain cases of extreme exhaustion, are, even for very young children, most valuable remedies; but I will maintain that both wine and brandy require the greatest judgment and skill in administering, and do irreparable mischief unless they are most carefully and judiciously prescribed. Wine ought to be very rarely given to the young; indeed, it should be administered to them with as much care and as seldom as any other dangerous or potent medicine.

Statistics prove that wine-bibbing in England is greatly on the increase, and so is barrenness. You might say there is no connection between the two. I maintain that there is a connection, and that the alcohol contained in the wine (*if wine be taken to excess, which unfortunately it now frequently is*) is most antagonistic to fruitfulness.

It is surprising, nowadays, the quantity of wine some few young single ladies, at parties, can imbibe without being intoxicated; but whether, if such ladies marry, they will make fruitful vines is quite another matter; but of this I am quite sure, that such girls will, as a rule, make delicate, hysterical, and unhealthy wives. The young are peculiarly sensitive to the evil effects of overstimulation. Excessive wine-drinking with them is a canker eating into their very lives. Time it is that these facts were proclaimed through the length and breadth of our land, before mischief be done past remedy.

Champagne is a fashionable and favorite beverage at parties, especially at dances. It is a marvel to note how girls will, in quantities, imbibe the dangerous liquid. How cheerful they are after it; how bright their colors; how sparkling their eyes; how voluble their tongues; how brilliant their ideas! But, alas! the effects are very evanescent—dark clouds soon o'ershadow the horizon, and all is changed! How pale, after it, they become; how sallow their complexions; how dim their eyes; how silent their tongues; how depressed their spirits—depression following in an inverse ratio to overstimulation; and if depression, as a matter of course, weakness and disease! Champagne is one of the most fascinating but most desperately dangerous and deceptive drinks a young girl can imbibe, and should be shunned as the plague! Young men who witness their proceedings admire them vastly as partners for the evening, but neither covet nor secure them as partners for life. Can they be blamed? Certainly not! They well know that girls who, at a dance, imbibe *freely* of the champagnecup, and who, at a dinner-party drink, as some few are in the habit of drinking,

four or five, or even six glasses of wine,—that such wives as these, if ever they do become mothers (which is very doubtful) will be mothers of a degenerate race. It is folly blinking the question; it is absolutely necessary that it be looked boldly in the face, and that the evil be remedied before it be too late.

There is an immense deal of drinking in England, which, I am quite convinced, is one reason of so few children in families, and of so many women being altogether barren. It is high time that these subjects were looked into, and that the torrent be stemmed, ere it o'erflow its banks, and carry with it a still greater amount of barrenness, of misery, and of destruction.

It might be said that the light wines contain but little alcohol, and therefore can cause, even if taken to excess, but slight injurious effects on the constitution. I reply, that even light wines, taken in quantities, conduce to barrenness, and that, as a rule, if a lady once unfortunately takes to drinking too much wine, she is not satisfied with the light wines, but at length flies to stronger wines—to wines usually fortified with brandy, such as either to sherry or to port wine, or even, at last, to brandy itself! I know that I am treading on tender ground, but my duty as a medical man, and as a faithful chronicler of these matters, obliges me to speak out plainly, without fear or without favor, and to point out the deplorable consequences of such practices. I am quite aware that many ladies have great temptations, and great inducements to resort to wine to cheer them in their hours of depression and of loneliness; but unless the danger be clearly pointed out and defined, it is utterly impossible to suggest a remedy, and to snatch such patients from certain destruction.

I am quite convinced of one thing, namely, that the drinking of *much* wine—be it light as claret, or be it heavy as port—sadly injures the complexion, and makes it muddy, speckled, broken-out, and toad-like.

It is high time that medical men should speak out on the subject, and that with no "uncertain sound," before mischief be done past remedy, and before our island become as barren of children as France unfortunately now is.

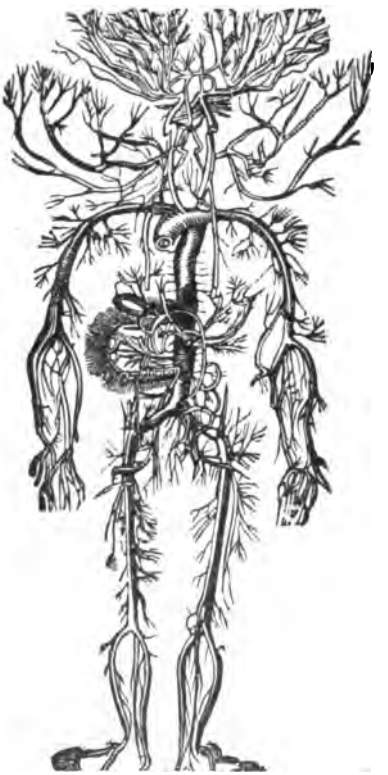
If a lady be laboring under debility, she is generally dosed with quantities of wine—the greater the debility the more wine she is made to take, until at length the poor unfortunate creature almost lives upon wine. Her appetite for food is by such means utterly destroyed, and she is for a time kept alive by stimulants; her stomach at length will take nothing else, and she becomes a confirmed invalid, soon dropping into an untimely grave! This is a most grievous, and, unfortunately, in this country, not an uncommon occurrence. Much wine will never make a delicate lady strong—it will increase her weakness, not her strength. Wine in excess does not strengthen, but, on the contrary, produces extreme debility. Let this be borne in mind, and much misery might then be averted.

Remember, I am not objecting to a lady taking wine in moderation—certainly not; a couple of glasses, for instance, in the day, of either sherry or claret, might do her great good; but I do strongly object to her drinking, as many ladies do, five or six glasses of wine during that time. I will maintain that such a quantity is most detrimental both to her health and to her fecundity.

The effect of the *use* of wine is beneficial; but the effect of the *abuse* of it is deplorable in the extreme. Wine is

an edge-tool, and will, if not carefully handled, assuredly wound most unmercifully. I have not the slightest doubt that the quantity of wine consumed by many ladies is one cause, in this our day, of so much delicacy of constitution. It is a crying evil, and demands speedy redress; and as no more worthy medical champion has appeared in the field to fight the battle of *moderate* wine-drinking, I myself have boldly come forward to commence the affray, fervently trusting that some earnest men may join me in the conflict. I consider that the advocates for a plentiful supply of alcoholic stimulants are wrong, and that the upholders of total-abstinence principles are equally wrong; and the only path of health and of safety lies between them both—in moderation. A teetotaler and an advocate for a plentiful supply of alcoholic drinks are both very difficult to please; indeed, the one and the other are most intemperate. I am aware that what I have written will be caviled at, and will give great offense to both extreme parties; but I am quite prepared and willing to abide the consequences, and sincerely hope that what I have said, will be the means of ventilating the subject, which is sadly needed. It is the violence and obstinacy of the contending parties, each of whom is partly right and partly wrong, that have long ago prevented a settlement of the question at issue, and have consequently been the means of causing much heart-burning, misery, and suffering. The *Times* once pithily remarked, that it would be well if the two combatants were "to mix their liquors."

A young wife ought to rise betimes in the morning, and after she be once awake should never doze. Dozing is both weakening to the body and enervating to the mind. It is a species of dram-drinking; let my fair reader, there-



MAN'S STRENGTH. THE ARTERIAL SYSTEM

fore, shun it with all her might. Let her imitate the example of *the* Duke of Wellington, who, whenever he turned in bed, made a point of turning out of it; indeed, so determined was that illustrious man not to allow himself to doze after he was once awake, that he had his bed made so small, that he could not conveniently turn in it without first of all turning out of it. Let her, as soon as she is married, commence early rising; let her establish the habit, and it will for life cling to her:

> "Awake! the morning shines, and the fresh field
> Calls us; we lose the prime, to mark how spring
> Our tender plants; how blows the citron grove,
> What drops the myrrh, and what the balmy reed;
> How Nature paints her colors: how the bee
> Sits on the bloom." —*Milton.*

It is wonderful how much may be done betimes in the morning. There is nothing like a good start. It makes for the remainder of the day the occupation easy and pleasant—

> "Happy, thrice happy, every one
> Who sees his labor well begun,
> And not perplexed and multiplied
> By idly waiting for time and tide."—*Longfellow.*

How glorious, and balmy, and health-giving, is the first breath of the morning, more especially to those living in the country! It is more exhilarating, invigorating, and refreshing than it is all the rest of the day. If you wish to be strong, if you desire to retain your good looks and your youthful appearance, if you are desirous of having a family, rise betimes in the morning; if you are anxious to lay the foundation for a long life, jump out of bed the moment you are awake. Let there be no dallying, no parleying with the enemy, or the battle is lost,

and you will never after become an early riser: you will then lose one of the greatest charms and blessings of life, and will, probably, not have the felicity of ever becoming a mother; if you do become one, it will most likely be of puny children. The early risers make the healthy, bright, long-lived wives and mothers. But if a wife is to be an early riser, she must have a little courage and determination; great advantages in this world are never gained without; but what is either man or woman good for, if they have not those qualities?

An early riser ought always to have something to eat and drink, such as a little bread and butter, and either a cup of tea or a draught of new milk, before she goes out in the morning; this need not interfere with, at the usual hour, her regular breakfast. If she were to take a long walk on an empty stomach, she would for the remainder of the day feel tired and exhausted, and she would then, but most unfairly, fancy that early rising did not agree with her.

The early morning is one of the best and most enjoyable portions of the day. There is a perfect charm in nature which early risers alone can appreciate. It is only the early riser that ever sees "the rosy morn," the blushing of the sky, which is gloriously beautiful! Nature, in the early morning, seems to rejoice and be glad, and to pour out her richest treasures: the birds vie with each other in their sweetest carols; the dew on the grass, like unto myriads of diamonds, glittering and glistening, and glinting in the rays of the sun; occasionally the cobwebs on the shrubs and bushes, like exquisite lace sparkling with gems; the fresh and matchless perfume and fragrance of the earth and flowers;—these, one and all, are

gloriously beautiful to behold, and can only be enjoyed to perfection in the early morning, while the majority of people, during the choicest periods of their existence, are sweltering, and dozing, and deteriorating, both in body and mind, on beds of down, when they ought to be up, out, and about! Can it be wondered at, when such weakening and enervating practices are so much in vogue—for luxury is the curse of the day—that there are so many barren wives in England? It looks, on the first blush, that many of the customs and practices of the present day were to cause barrenness; for, assuredly, if they had been instituted on purpose, they could not have performed their task more surely and successfully.

It might be said that the dews of the morning are dangerous! The dews of the early morning are beneficial to health, while the dews of the evening are detrimental. How truly the poet sings—

> "Dew-drops are the gems of morning,
> But the tears of mournful eve!"

Early rising imparts health to the frame, strength to the muscles, and comeliness to the countenance; it clears the brain, and thus brightens the intellect; it is a panacea for many of the ills of life, and, unlike many panaceas, it is both simple and pleasant in its operation; it calms the troubled breast; it gives a zest to the after-employments and pleasures of the day; and makes both man and woman look up from "nature's works to nature's God!"

Early rising rejuvenizes the constitution: it makes the middle-aged look young, and the old look middle-aged; it is the finest cosmetic in the world, and tints the cheeks with a bloom the painter emulates, but in vain! On the

other hand, late rising adds years to the looks, fills the body with aches and pains, and the countenance with crow-feet and wrinkles; gives a yellowness and pimples to the face, and depression to the spirits. Aged looks and ill-health invariably follow in the wake of late rising.

If a mistress rise early, the servants are likely to follow suit: a lazy mistress is almost sure to have lazy servants; the house becomes a sluggard's dwelling! Do not let me be misunderstood; I do not recommend any unreasonable hours for rising in the morning; I do not advise a wife to rise early for the sake of rising early: there would be neither merit nor sense in it; I wish her to have her full complement of sleep—seven or eight hours; but I do advise her *to go to bed early*, in order that she might be up every morning at six o'clock in the summer, and at seven o'clock in the winter. I maintain that it is the *duty* of every wife, unless prevented by illness, to be an early riser. This last reason should have greater weight with her than any other that can possibly be brought forward! All things in this world ought to be done from a sense of duty; duty ought to be a wife's and every other person's pole star!

There is a wonderful and glorious object in creation which few, very few, ladies, passing strange though it be, have ever seen—the rising of the sun! The few who have seen it are, probably, those who have turned night into day, who are returning home in the early morning, jaded and tired, after dancing the whole of the previous night. These, of course, can not enjoy, and most likely do not even see, the magnificent spectacle!

I am not advising my fair reader to rise every morning with the rising of the sun—certainly not; but if she be

an early riser, she might occasionally indulge herself in beholding the glorious sight!

"The top of the morning to you," is a favorite Irish salutation, and is very expressive and complimentary. "The top of the morning"—the early morning, the time when the sun first rises in his majesty and splendor—is the most glorious, and health-giving, and best part of the whole day; when nature and all created beings rejoice and are glad:

> "But mighty Nature bounds as from her birth,
> The sun is in the heavens, and life on earth;
> Flowers in the valley, splendor in the beam,
> Health in the gale, and freshness in the stream."

Let a young wife, if she be anxious to have a family and healthy progeny, be in bed betimes. It is impossible that she can rise early in the morning unless she retire early at night. "One hour's sleep before midnight is worth three after." Sleep before midnight is most essential to health, and if to health, to beauty; hence, sleep before midnight is called *beauty-sleep*. The finest cosmetic is health!

She ought to pay particular attention to the *ventilation* of her sleeping apartment, and she herself, before leaving the chamber in the morning, ought never to omit to open the windows; and in the summer, if the room be large, she should during the night leave, for about six or eight inches, the window-sash open. If the room be small it will be desirable to have, instead of the window, the door (secured from intrusion by a door-chain) unclosed; and to have, as well, either the skylight or the landing window open. There ought by some means or other, if the inmates of the room are to have sweet and

refreshing sleep, to be thorough ventilation of the sleeping apartment. I have no patience to hear some men assert that it is better to sleep in a close room—in a foul room! They might, with equal truth, declare that it is desirable for a healthy person to swallow every night a dose of arsenic in order to prolong his life! Carbonic acid gas is as truly a poison as arsenic! If there be a dressing-room next to the bed-room, it will be well to have the dressing-room window, instead of the bed-room window, open at night. The dressing-room door will regulate the quantity of air to be admitted into the bed-room, opening it either little or much as the weather might be cold or otherwise. The idea that it will give cold is erroneous; it will be more likely, by strengthening the system and by carrying off the impurities of the lungs and skin, to prevent cold.

Some persons, accustomed all their lives to sleep in a close, foul room—in a room contaminated with carbonic acid gas—can not sleep in a fresh, well-ventilated chamber, in a chamber with either door or window open: they seem to require the stupefying effects of the carbonic acid gas, and can not sleep without it! If such be the case, and as sleep is of such vital importance to the human economy, let both window and door be closed, but do not, on any account, let the chimney be stopped, as there must be, in a bed-room, ventilation of some kind or another, or ill health will inevitably ensue.

It is madness to sleep in a room without ventilation—*it is inhaling poison;* for the carbonic acid gas, the refuse of respiration, which the lungs are constantly throwing off, is a poison—a deadly poison—and, of course, if there be no ventilation, a person must breathe this car-

bonic acid gas mixed with the atmospheric air. Hence the importance, the vital importance, of either an *open* chimney or of an *open* window, or of both. The chimney, then, even if the window be closed, ought *never* to be stopped; and the window either of the bed-room or of the dressing-room, should not be closed, even in the night, unless the weather be either very wet or bitterly cold. I should strongly recommend my fair reader, and, indeed, every one else, to peruse the good and talented Florence Nightingale's *Notes on Nursing*. They ought to be written in letters of gold, and should be indelibly impressed on the memory of every one who has the interest of human life and happiness at heart. Florence Nightingale declares *that no one, while in bed, ever catches cold from proper ventilation.* I believe her; and I need not say that no one has had more experience and better opportunities of judging about what she writes than this accomplished authoress.

I fearlessly assert that no one can sleep sweetly and refreshingly unless there be *thorough* ventilation of the chamber. She may have, in an *unventilated* apartment, heavy, drowsy, death-like sleep, and well she might! She is under the stupefying effects of poison; the carbonic acid gas, which is constantly being evolved from the lungs, and which wants a vent, but can not obtain it, is, as I have before remarked, a *deadly poison!* She may as well take every night a stupefying opiate, as breathe nightly a bed-room charged with carbonic acid gas; the one would, in the long run, be as pernicious as the other. To show the power of carbonic acid gas in sending people to sleep, we have only to notice a crowded church of an evening; when, even if the preacher be an eloquent man, the ma-

jority of the congregation is fast asleep,—is, in point of fact, under the soporific influence of the carbonic acid gas, the church being at the time full of it. Carbonic acid gas is as certain, if not more certain, to produce a heavy death-like slumber as either numbing opium or drowsy poppy.

I moreover declare that she can not have sweet, refreshing sleep at night unless during the day she take plenty of exercise, and unless she has an abundance of active, useful occupation.

Occupation — active, useful occupation — is the best composing medicine in the world; and the misfortune of it is that the wealthy have little or no occupation to cause them to sleep. Pleasure they have in abundance, but little or no real occupation. "The sleep of a laboring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer them to sleep."

Sleep is of more consequence to the human economy than food. Nothing should therefore be allowed by a young wife to interfere with sleep. And as the attendance on large assemblies, balls, and concerts, sadly, in every way, interfere with sleep, they ought, one and all, to be sedulously avoided.

As exercise is very conducive and provocative of sleep—sound, sweet, child-like sleep—exercise must be practiced, and that not by fits and starts, but regularly and systematically. She ought, then, during the day, with exercise and with occupation, to tire herself, and she will then have sweet and refreshing sleep. But some ladies never do tire themselves except with excitement; they do not know what it is to be tired either by a long walk or by household work. They can tire themselves with dancing

at a ball; poor fragile creatures can remain up the whole night waltzing, quadrilling, and galloping, but would be shocked at the idea and at the vulgarity of walking a mile at a stretch! Poor creatures, they are to be pitied; and, if they ever marry, so are their husbands. Are such wives as these likely to be mothers, and if they are, are their offspring likely to be strong? Are such wives as these likely to be the mothers of our future warriors, of our future statesmen, and of our other worthies—men of mark, who,

> "Departing, leave behind them
> Footprints on the sands of time!"

Sleep is the choicest gift of God. Sleep is a comforter, a solace, a boon, a nourisher, a friend. Happy, thrice happy, is a wife who can sleep like unto a little child! When she is well, what a comfort is sleep; when she is ill, what a soother of pain is sleep; when she is in trouble, what a precious balm is sleep!

Hear what our noblest poet, Shakspeare, says of sleep

> "Sleep that knits up the raveled sleeve of care,
> The death of each day's life, sore labor's bath,
> Balm of hurt minds, great nature's second course,
> Chief nourisher in life's feast."

A luxurious, idle wife can not sleep; she, night after night, tumbles and tosses on her bed of down. What has she done during the day to tire herself, and thus to induce sleep? Alas, nothing! She in consequence never experiences

> "Tired nature's sweet restorer, balmy sleep."

For, after all, out-door exercise and useful occupation are the best composing medicines in the world! Encom-

passed as she is with every luxury—partaking of all the delicacies of the season, of the richest viands, and of the choicest wines—decked out in costly apparel—reclining on the softest cushions—surrounded with exquisite scenery, with troops of friends, and with bevies of servants;—yet, notwithstanding all these apparent advantages, she is oftentimes one of the most debilitated, complaining, "nervous," hysterical, and miserable of mortals. The *causes* of all these afflictions are—she has nothing to do; she is overwhelmed with prosperity; she is like a fire that is being extinguished in consequence of being overloaded with fuel; she is being killed with overmuch kindness; she is a drone in a hive where *all* must work if they are to be strong and well, and bright, and cheerful; for labor is the lot of *all* and the law for *all*, for "God is no respecter of persons." The *remedies* for a lady affected as above described are simple and yet efficacious—namely, simplicity of living, and an abundance of outdoor exercise and of useful occupation. It would have been to the manifest advantage of many a fair dame if she were obliged to put down her close carriage, and were compelled to walk instead of drive. Riding in close carriages nurses many ailments which walking would banish; a brisk walk is the best tonic and the most reviving medicine in the world, and would prevent the necessity of her swallowing so much nauseous physic. Nature's simple remedies are oftentimes far superior and far more agreeable than any to be found in the Pharmacopœia. It would have been a blessing to many a rich, indolent, and luxurious lady if she had been born in a lower rank—in one in which she had been compelled to work for her daily bread; if she had been, she would, in many instances,

have been far happier and healthier than she now is. Indolence and luxury kill more than hard work and hard fare ever did or ever will kill. Indolence and luxury are slow poisons; they destroy by degrees, but are in the end as certain in their deleterious effects as either arsenic or deadly nightshade.

> "Come hither, ye that press your beds of down,
> And sleep not; see him sweating o'er his bread
> Before he eats it. 'Tis the primal curse,
> But softened into mercy—made the pledge
> Of cheerful days, and nights without a groan."

I must not forget to speak of the paramount importance in a dwelling of an abundance of *light*—of *daylight*. Light is life, light is health, light is a physician! Light is life: the sun gives life as well as light; if it were not for the sun, all creation would wither and die. There is "no vitality or healthful structure without light." Light is health: it strengthens the frame, it cheers the heart, and tints the cheeks with a roseate hue! Light is a physician: it drives away many diseases, as the mists vanish at the approach of the sun; and it cures numerous ailments which drugs alone are unable to relieve.

Look at the bloom on the face of a milkmaid! What is it that tints her cheeks? An abundance of light. Behold the pallid, corpse-like countenance of a factory girl! What blanches her cheek? The want of light, of air, and of sunshine.

A room, then, ought to have *large* windows, in order that the sun might penetrate into every nook and corner of the apartment. A gardener thoroughly appreciates the importance of light to his flowers; he knows, also, that if he wishes to blanch some kinds of vegetables—

such as celery and sea-kale—he must keep the light from them; and if my fair reader desires to blanch her own cheeks, she ought to keep the light from them; but, on the other hand, if she be anxious to be healthy and rosy, she must have plenty of light in her dwelling.

The want of light stunts the growth, dims the sight, and damps the spirits. Colliers, who a great part of their lives live in the bowels of the earth, are generally stunted; prisoners, confined for years in a dark dungeon, frequently become blind; people who live in dark houses are usually melancholic.

Light banishes from rooms foulness, fustiness, mustiness, and smells. Light ought therefore to be freely allowed to enter every house, and be esteemed as the most welcome of visitors. Let me then advise every young wife to admit into her dwelling an abundance of light, of air, and of sunshine.

Some ladies, to keep off the sun, to prevent it from fading the furniture, have, in the summer time, all the blinds of the windows of the house down. Hence, they save the fading of the furniture, and, instead of which, they fade their own and their children's cheeks. Many houses, with all their blinds down, look like so many prisons, or as if the inmates were in deep affliction, or as if they were performing penance; for is it not a penance to be deprived of the glorious light of day, which is as exhilarating to the spirits as, and much more beneficial than, a glass of champagne?

It is a grievous sin to keep out from a dwelling the glorious sunshine. We have heard of "a trap to catch a sunbeam:" let the open windows be a trap, and a more desirable prize can not be caught than a sunbeam. Sun

beams, both physical and metaphorical, make a house a paradise upon earth!

Let me strongly caution the newly-made wife against the evil effects of *tight lacing*. The waist ought, as a rule, to be from twenty-seven to twenty-nine inches in circumference; if, therefore, she bind and gird herself in until she be only twenty-three inches, and, in some cases, until she be only twenty-one inches, it must be done at the expense of comfort, of health, and happiness. If stays be worn tightly, they press down the contents of the lower part of the belly, which might either prevent a lady from having a family, or might produce a miscarriage.

Let her dress be loose, and be adapted to the season. She ought not to adopt the fashion of wearing in the morning warm clothes with long sleeves, and in the evening thin dresses with short sleeves. "It is hopeless to battle with fashion in matters of dress; women will never believe that their bonnets, neck-wrappers, or huge petticoats (until they go out of fashion) can have anything to do with headaches, sore throats, or rheumatism; but they ought to know that the more they swathe themselves, the more tender and delicate they are likely to be. If they wish to withstand cold, they should accustom themselves to bear it."

If a young wife be delicate, and if her circulation be languid, a flannel vest next the skin, and in the daytime, should, winter and summer be worn. Scarlet is, in such a case, a favorite color, and may be selected for the purpose.

It is important that it should be borne in mind that the wearing of flannel next the skin is more necessary in the summer than in the winter time. A lady in the summer

is apt, when hot, either from the weather or from exertion, to get into a draught to cool herself, and not wearing flannel next the skin, she is almost sure at such times to catch a cold. Now, flannel being a bad conductor of heat, keeps the body at a tolerably equal temperature, and thus materially lessens the risk. When it is considered that many of the diseases afflicting humanity arise from colds, the value of wearing flannel next the skin as a preventive is at once apparent.

Never was there such a time as the present when dress was so much thought of. Grand dresses now sweep our dirty streets and thoroughfares; rich velvets, silks, and satins, are as plentiful as dead leaves in autumn. "There is so much to gaze and stare at in the dress, one's eyes are quite dazzled and weary, and can hardly pierce through to that which is clothed upon." Dress is become a crying evil; many ladies clothe themselves in gorgeous apparel at the expense of household comforts, and even of household necessaries:

> "We sacrifice to dress, till household joys
> And comforts cease. Dress drains our cellars dry,
> And keeps our larder lean—puts out our fires,
> And introduces hunger, frost, and woe,
> Where peace and hospitality might reign."

It might be said, What has all this to do with the health of a wife? I reply, Much. The customs, habits, and luxuries of the present day are very antagonistic both to health and fecundity.

She must not coddle, nor should she muffle up her throat with furs. Boas are the most frequent cause of sore throats and quinsies, and therefore the sooner they are discarded the better. "And this is perfectly true,

though few seem to be aware of the fact. Relaxed throats would be rare if cold water was more plentifully used, both externally and internally, and mufflers were laid aside."

If my gentle reader will freely use *cold* water ablutions, she will find that she will not require nearly so much clothing and muffling up. It is those who use so *little* water who have to wear so *much* clothing; and the misfortune of it is, the more clothes they wear the more they require. Many young people are wrapped and muffled up in the winter time like old folks, and by coddling they become prematurely old—frightened at a breath of air and at a shower of rain, and shaking in their shoes at an easterly wind! Should such things be?

Pleasure, to a certain degree, is as necessary to the health of a young wife, and every one else, as the sun is to the earth—to warm, to cheer, and to invigorate it, and to bring out its verdure. Pleasure, in moderation, rejuvenizes, humanizes, and improves the character, and expands and exercises the good qualities of the mind; but, like the sun, in its intensity it oppresseth, drieth up, and withereth. Pleasures kept within due bounds are good, but in excess are utterly subversive of health and happiness. A wife who lives in a whirl of pleasure and excitement is always weakly and "nervous," and utterly unfitted for her duties and responsibilities.

Let the *pleasures* of a newly-married wife, then, be dictated by reason, and not by fashion. She ought to avoid all recreations of an exciting kind, as depression always follows excitement. I would have her prefer the amusements of the country to those of the town, such as a flower-garden, botany, archery, croquet, bowls,—everything, in fact, that will take her into the open air, and will cause

her to appreciate the pure, simple, and exquisite beauties of nature. Croquet, I consider to be one of the best games ever invented: it induces a lady to take exercise which perhaps she would not otherwise do; it takes her into the open air, it strengthens her muscles, it expands her chest, it promotes digestion, it circulates her blood, and it gives her an interest in the game which is most beneficial both to mind and body.

Oh, that my countrywomen should prefer the contaminated and foul air of ball and of concert-rooms, to the fresh, sweet, and health-giving air of the country!

Let me in this place enter my strong protest against a young wife *dancing*, more especially if she be *enceinte*. If she be anxious to have a family, it is a most dangerous amusement, as it is a fruitful source of miscarriage; and the misfortune is, that if she once have a miscarriage, she might go on again and again, until her constitution be severely injured, and until all hopes of her ever becoming a mother are at an end.

The quiet retirement of her own home ought then to be her greatest pleasure and her most precious privilege. Home is, or ought to be, the kingdom of woman, and she should be the reigning potentate. England is the only place in the world that truly knows what *home* really means. The French have actually no word in their language to express its meaning:

> "That home, the sound we English love so well,
> Has been as strange to me as to those nations
> That have no word, they tell me, to express it."

Cheerfulness, contentment, occupation and healthy activity of mind, can not be too strongly recommended. A cheerful, happy temper is one of the most valuable attri-

butes a wife can have. The possession of such a virtue not only makes herself, but every one around her, happy. It gilds with sunshine the humblest dwelling, and often converts an indifferent husband into a good one. Contentment is the finest medicine in the world; it not only frequently prevents disease, but, if disease be present, it assists in curing it. Happy is the man who has a contented wife! A peevish, discontented helpmate (helpmate, save the mark!) is always ailing, is never satisfied, and does not know, and does not deserve to know, what real happiness is. She is "a thorn in the flesh."

One of the greatest requisites, then, for a happy home, is a cheerful, contented, bright, and merry wife; her face is a perpetual sunshine, her presence is that of an angel; she is happy in herself, and she imparts happiness to all around her. A gentle, loving, confiding, placid, hopeful, and trusting disposition has a great charm for a husband, and ought, by a young wife, to be assiduously cultivated—

> "For gentleness, and love, and trust,
> Prevail o'er angry wave and gust."—*Longfellow.*

Every young wife, let her station be ever so exalted, ought to attend to her *household duties.* Her health, and consequently her happiness, demand the exertion. The want of occupation — healthy, useful occupation — is a fruitful source of discontent, of sin, of disease, and barrenness. If a young married lady did but know the importance of occupation — how much misery might be averted, and how much happiness might, by attending to her household duties, be insured—she would appreciate the importance of the advice. Occupation improves the health, drives away *ennui*, cheers the hearth and home,

and, what is most important, if household duties be well looked after, her house becomes a paradise, and she the ministering angel to her husband. But she might say—I can not always be occupied; it bores me; it is like a common person: I am a lady; I was not made to work; I have neither the strength nor the inclination for it; I feel weak and tired, nervous and spiritless, and must have rest. I reply, in the expressive words of the poet, that—

> "Absence of occupation is not rest,—
> A mind quite vacant is a mind distress'd."—*Cowper.*

"If time be heavy on your hands," are there no household duties to look after, no servants to instruct, no flower-beds to arrange, no school-children to teach, no sick-room to visit, no aged people to comfort, no widow nor orphan to relieve?—

> "Nor any poor about your lands?
> Oh! teach the orphan boy to read,
> Or teach the orphan girl to sew—
> Pray Heaven for a human heart."—*Tennyson.*

To have nothing to do is most wretched, wearisome, and destructive to the mind. The words of Martin Luther on this subject should be written in letters of gold, and ought to be kept in constant remembrance by every man and woman, be they rich or poor, lettered or unlettered, gentle or simple. "The mind," said he, "is like a mill that can not stop working; give it something to grind, and it will grind *that*. If it has nothing to grind, it grinds on yet, but it is itself it grinds and wears away."

A lady in this enlightened age of ours considers it to be horridly low and vulgar to strengthen her loins with exercise and her arms with occupation, although such a plan of procedure is recommended in the Bible by the

wisest of men,—"She girdeth her loins with strength, and strengtheneth her arms."

A husband soon becomes tired of grand performances on the piano, of crotchet and worsted work, and of other fiddle-faddle employments; but he can always appreciate a comfortable, clean, well-ordered, bright, cheerful, happy home, and a good dinner. It might be said that a wife is not the proper person to cook her husband's dinner. True; but a wife should see and know that the cook does her duty; and if she did, perchance, understand *how* the dinner ought to be cooked, I have yet to learn that the husband would for such knowledge think any the worse of her.

A grazing farmer is three or four years in bringing a beast to perfection, fit for human food. Is it not a sin, after so much time and pains, for an idiot of a cook, in the course of one short hour or two, to ruin, by vile cookery, a joint of such meat? Is it not time, then, that a wife herself should know how a joint of meat ought to be cooked, and thus to be able to give instructions accordingly?

A boy is brought up to his profession, and is expected to know it thoroughly; how is it that a girl is not brought up to her profession of a wife; and why is it that she is not taught to thoroughly understand all household duties? The daughters of a gentleman's family in olden times spent an hour or two every morning in the kitchen and in the laundry, and were initiated into the mysteries of pastry and pudding-making, of preserving fruit, of ironing, etc. Their mothers' and their grandmothers' receipt-books were at their finger-ends. But now look at the picture; the daughters of a gentleman's family of the present day

consider it very low and horridly vulgar to understand any such matters. It is just as absurd to ask a lady to play on the piano who has never been taught music as to ask a wife to direct her servants to perform duties which she herself knows nothing about. The duties of a wife can not come either by intuition or by instinct more than music can. Again I say, every lady, before she be married, ought to be thoroughly taught her profession—the duties of a wife; she then would not be at the tender mercies of her servants, many of whom are either unprincipled or inefficient.

Do not think that I am overstating the importance of the subject. A good dinner—I mean a well-cooked dinner (which, be it ever so plain, is really a good dinner)—is absolutely essential to the health, to the very existence of yourself and your husband; and how, if it be left to the tender mercies of the present race of cooks, can you have it? High time it is that every wife, let her station be either high or low, should look into the matter herself, and remedy the crying evil of the day. They manage these things better in Sweden. There the young ladies of wealthy families cook—actually themselves cook—the dinners; and instead of their considering it a disgrace, and to be horridly low and vulgar, they look upon it as one of their greatest privileges! And what is the consequence? A badly-cooked dinner is rare, and not, as it frequently is in this country, of frequent occurrence; and "peace and happiness" reign triumphant. It is a pity, too, that we do not take a leaf out of the book of our neighbors the French. Every woman in France is a good cook; good cookery with them is the rule—with us it is the exception. A well-cooked dinner is a blessing to all

who partake of it; it promotes digestion, it sweetens the temper, it cheers the hearth and home. There is nothing tries the temper more than an ill-cooked dinner; it makes people dyspeptic, and for a dyspeptic to be sweet-tempered is an utter impossibility. Let me, therefore, advise my fair reader to look well into the matter; either the gloom or the sunshine of a house much depends upon herself and and upon her household management. It might be said—What a poor creature a man must be to require so much attention. Truly, if his health be not looked after, if his comforts be not attended to, he is indeed a poor creature!

Every young wife should be able—ought to be instructed by her mother or by some competent person—it should be a part of her education—to teach and to train her own servants aright. Unfortunately, in the present day there is too much cant and humbug about the instruction of the lower orders, and domestic servants among the rest. They are instructed in many things that are perfectly useless to them, the knowledge of which only makes them dissatisfied with their lot, and tends to make them bad servants. Among other useless subjects taught them are the "ologies." It would be much more to the purpose if they were thoroughly instructed in all household duties, and "in the three R's—reading, 'riting, and 'rithmetic,"—in obedience to their mistresses, and in simplicity of demeanor and dress. The servants themselves would be immensely benefited by such lessons.

A "blue-stocking" makes, as a rule, a wretched wife; it would be far better for the health of her husband, of herself, and her family, if, instead of cultivating Latin and Greek, she would cultivate her household duties, more especially a thorough knowledge of the culinary department.

"A man is, in general, better pleased when he has a good dinner upon his table than when his wife speaks Greek."

As soon as a lady marries, the romantic nonsense of school-girls will rapidly vanish, and the stern realities of life will take their place, and she will then know, and sometimes to her grievous cost, that a *useful* wife will be thought much more of than either an *ornamental* or a *learned* one.

It is better for a young wife, and for every one else, to have too much than too little occupation. The misfortune of the present day is, that servants are made to do *all* the work, while the mistress of the house remains idle. Remains idle! Yes; and by remaining idle, remains out of health! Idleness is a curse, and brings misery in its train! How slow the hours crawl on when a person has nothing to do; but how rapidly they fly when she is fully occupied! Besides, idleness is a frequent cause of barrenness. Hard-worked, industrious women are prolific; while idle ladies are frequently childless, or, if they do have a family, their children are puny, and their labors are usually both hard and lingering. We doctors know full well the difference there often is between the labor of a poor, hard-worked woman and of a rich, idle lady: in the one case the labor is usually quick and easy; in the other, it is often hard and lingering. Oh, if wives would consider betimes the importance of an abundance of exercise and of occupation, what an immense amount of misery, of pain, of anxiety, and anguish they might avert! Work is a blessed thing; if we do not work we pay the penalty—we suffer "in mind, body, and estate." An idle man or an idle woman is an object of the deepest pity and commiseration.

Longfellow, in his *Song of the Blacksmith*, beautifully and graphically describes the importance and the value of occupation; and as occupation is as necessary to a woman as to a man, I can not resist transcribing it:

"Toiling—rejoicing—sorrowing,
Onward through life he goes;
Each morning sees some task begin,
Each evening sees its close;
Something attempted, something done,
Has earned a night's repose."

Truly may it be said that "occupation earns a night's repose." It is the finest composing medicine in the world, and, unlike an opiate, it never gives a headache; it never produces costiveness; and never, by repetition, loses its effect. Sloth and restlessness, even on down, are generally bed-fellows:

"Weariness
Can snore upon the flint, when rusty sloth
Finds the down pillow hard."

The mind, it is well known, exerts great influence over the body in promoting health, and in causing and in curing disease. A delicate woman is always nervous; she is apt to make mountains of mole-hills; she is usually too prone to fancy herself worse than she really is. I should recommend my gentle reader not to fall into this error, and not to magnify every slight ache or pain. Let her, instead of whining and repining, use the means which are within the reach of all to strengthen her frame; let her give battle to the enemy; let her fight him with the simple weapons indicated in these pages, and the chances are she will come off victorious.

There is nothing like occupation, active occupation, to

cure slight pains—"constant occupation physics pain"—to drive away little ailments, and the dread of sickness. "The dread of sickness," says Dr. Grosvenor, "is a distemper of itself, and the next disposition to a many more. What a bondage does this keep some people in! 'T is an easy transition from the fear and fancy of being sick to sickness indeed. In many cases there is but little difference between those two. There is one so afraid of being ill that he would not stir out of doors, and for want of air and exercise he contracts a distemper that kills him."

What a blessed thing is work! What a precious privilege for a girl to have a mother who is both able and anxious to instruct her daughter, from her girlhood upward, in all household management and duties. Unfortunately, in this our age girls are not either educated or prepared to be made wives—useful, domesticated wives. Accomplishments they have without number, but of knowledge of the management of an establishment they are as ignorant as the babe unborn. Verily, they and their unfortunate husbands and offspring will in due time pay the penalty of their ignorance and folly! It is, forsooth, unladylike for a girl to eat much; it is unladylike for her to work at all; it is unladylike for her to take a long walk; it is unladylike for her to go into the kitchen; it is unladylike for her to make her own bed; it is unladylike for her to be useful; it is unladylike for her to have a bloom upon her cheek like unto a milkmaid! All these are said to be horridly low and vulgar, and to be only fit for the common people! Away with such folly! The system of the bringing up of the young ladies of the present day is "rotten to the core."

If a young married lady, without having any actual

NELL GWYNNE.
English Type.

M'LLE LE BLANCHE.
French Type.

MRS. MOWATT RITCHIE,
American Type.

QUEEN CATHERINE ALEXIEONA.
Russian Type.

WOMAN'S BEAUTY.—FEMININE TYPES.

disease about her, be delicate and nervous, there is no remedy equal in value to change of air—more especially to the seacoast. The sea-breezes, and, if she be not pregnant, sea-bathing, frequently act like magic upon her in restoring her to perfect health. I say, if she be not pregnant; if she be, it would, without first obtaining the express permission of a medical man, be highly improper for her to bathe.

A walk on the mountains is delightful to the feelings and beneficial to the health. In selecting a seaside resort, it is better, where it be practicable, to have mountain air as well as the sea-breeze. The mounting of high hills, if a lady be pregnant, would not be desirable, as the exertion would be too great, and, if she be predisposed, might bring on a miscarriage; but the climbing of hills and mountains, if she be not *enceinte*, is most advantageous to health, strengthening the frame, and exhilarating to the spirits. Indeed, we may compare the exhilaration it produces to the drinking of champagne, with this difference,—it is much more beneficial to health than champagne, and does not leave, the next morning, as champagne sometimes does, either a disagreeable taste in the mouth or headache behind.

> "Oh, there is a sweetness in the mountain air,
> And life, that bloated ease can never hope to share!"

If it be not practicable for her to visit the seacoast, let her be in the fresh air—in the country air. Let her mornings be spent out of doors; and if she can not inhale the *sea*-breezes, let her inhale the *morning* breezes—

> "The skies, the air, the morning's breezy call
> Alike are free, and full of health to all."

Cheerfulness and evenness of temper ought, by a young wife, to be especially cultivated. There is nothing that promotes digestion, and thus good health, more than a cheerful, placid temper. We know that the converse is very detrimental to that process; that violent passion takes away the appetite, deranges the stomach, and frequently disorders the bowels. Hence it is that those who attain great ages are usually of an even, cheerful temper. "Our passions are compared to the winds in the air, which, when gentle and moderate, let them fill the sail, and they will carry the ship on smoothly to the desired port; but when violent, unmanageable, and boisterous, it grows to a storm, and threatens the ruin and destruction of all."

A young wife is apt to take too much opening medicine; the more she takes, the more she requires. Hence she irritates the nerves of the stomach and bowels, and injures herself beyond measure. If the bowels are costive, and variety of food, and of fruit, and of other articles of diet, which I either have or will recommend in these pages, together with an abundance of air, and of exercise, and of occupation, will not open, then let her give herself an enema; which she can, without the slightest pain or annoyance, and with very little trouble, readily do, provided she has a proper apparatus for the purpose, namely, a "self-injecting enema apparatus,"—one made purposely for the patient, either to administer it to herself, or to be administered to her by another person. A pint of *cold* water is as good an enema as can be used, and which, if the first should not operate, ought in a few minutes to be repeated. The clyster does nothing more than wash the bowels out, removing any offending matter, and any de-

pression of spirits arising therefrom, and neither interfering with the stomach nor with the digestion.

Until she become accustomed to the cold, she might for the first few mornings slightly warm the water; but gradually she should reduce the temperature of it until she use it quite cold. A *cold* water is more bracing and strengthening to the bowels, and more efficacious in action, than a *warm* water enema.

It will, during pregnancy and after a confinement, be safer to use a *tepid* than a *cold* water enema.

No family ought to be without a *good* enema apparatus, to fly to in any emergency. Many valuable lives have been saved by means of it, and having it always in good order and at hand.

By adopting the dictates of reason and of common-sense, many of the nervous, useless, lackadaisical, fine ladies will be unknown; and we shall have instead blooming wives, who will in due time become the mothers of hardy, healthy, happy children.

In the foregoing pages the burden of my song has been health—the preservation of health—the most precious of God's gifts, and one that is frittered and fooled away as though it were but of little value. Health ought to be the first consideration of all, and of every young wife especially, as, when she is married, her life, her health is not altogether her own, but her husband's and her family's. Oh! it is a glorious gift, a precious boon, to be in the enjoyment of perfect health, and is worth a little care and striving for.

In concluding the first division of my subject, let me entreat my fair reader to ponder well on what I have already said; let her remember that she has a glorious mis-

sion; let her thoroughly understand that if good habits and good rules be not formed and followed during the first year of her wifehood, they are not at all likely to be instituted afterward. The first year, then, is the golden opportunity to sow the seeds of usefulness; to make herself healthy and strong, and to cause her to be a blessing, a solace, and a comfort to her husband, her children, and all around her.

Menstruation, during a period of about thirty years, plays a momentous part in the female economy; indeed, unless it be *in every way* properly and duly performed, it is neither possible that such a lady can be well, nor is it at all probable that she will conceive. I therefore purpose devoting an especial chapter to its due and careful consideration.

CHAPTER I.

MENSTRUATION.

Two most important epochs in a woman's life—Age when Menstruation commences and ends—Effects of the climate—Menstruation during Pregnancy—When Healthy—Quality, etc.—"Change of Life."

MENSTRUATION—the appearance of the catamenia or the menses—is then *one of the most important epochs* in a girl's life. It is the boundary line, the landmark, between childhood and womanhood; it is the threshold, so to speak, of a *woman's* life. Her body now develops and expands, and her mental capacity enlarges and improves. She then ceases to be a child, and she becomes a woman. She is now for the first time, as a rule, able to conceive.

Although puberty has at this time commenced, it can not be said that she is at her full perfection; it takes eight or ten years more to complete her organization, which will bring her to the age of twenty-three or twenty-five years; which perhaps are the best ages for a woman, if she have both the chance and the inclination, to marry.

If she marry when very young, marriage weakens her system, and prevents a full development of the body. Beside, if she marry when she be only eighteen or nineteen, the bones of the pelvis—the bones of the lower part of the belly—are not at that time sufficiently developed; are not properly shaped for the purpose of labor; do not allow of sufficient space for the head of the child to *readily* pass, as though she were of the riper age of twenty-three or twenty-

five. She might have in consequence a severe and dangerous confinement. If she marry late in life, say after she be thirty, the soft parts engaged in parturition are more rigid and more tense, and thus become less capable of dilatation, which might cause, for the *first* time, a hard and tedious labor. Again, when she marries late in life, she might not live to see her children grow up to be men and women. Moreover, as a rule, "the offspring of those that are very young or very old lasts not." Everything, therefore, points out that the age above indicated—namely, somewhere between twenty and thirty—is the most safe and suitable time for a woman to marry.

There are two most important epochs in the life of a woman—namely (1) the commencement, and (2) the close of menstruation. Each is apt, unless the proper precautions are taken, to bring in its train many serious diseases. Moreover, unless menstruation be healthfully and properly performed, conception, as a rule, is not likely to take place: hence the importance of our subject.

Menstruation generally comes on once every month—that is to say, every twenty-eight days; usually to the very day, and frequently to the hour. Some ladies, instead of being "regular" every month, are "regular" every three weeks.

Each menstruation continues from three to five days; in some for a week; and in others for a longer period. It is estimated that, during each menstruation, from four to six ounces is, on an average, the quantity discharged.

A lady seldom conceives unless she be "regular," although there are cases on record where women have conceived who have never been "unwell;" but such cases are extremely rare.

Menstruation in this country usually commences at the ages of from thirteen to sixteen, sometimes earlier; occasionally as early as eleven or twelve; at other times later, and not until a girl be seventeen or eighteen years of age. Menstruation in large towns is supposed to commence at an earlier period than in the country, and earlier in luxurious than in simple life.*

Menstruation continues for thirty, and sometimes even for thirty-five years; and, while it lasts, is a sign that a lady is liable to become pregnant—unless, indeed, menstruation should be protracted much beyond the usual period of time. As a rule, then, when a woman "ceases to be unwell," she ceases to have a family; therefore, as menstruation usually leaves her at forty-five, it is seldom, after that age, that she has a child.

I have known ladies become mothers when they have been upward of fifty years of age. I myself delivered a woman in her fifty-first year of a fine healthy child. She had a kind and easy labor, and was the mother of a large family, the youngest being at the time twelve years old.† "Dr. Carpenter, of Durham, tells us that he has

* "In the human female, the period of puberty, or of commencing aptitude for procreation, is usually between the thirteenth and sixteenth years. It is generally thought to be somewhat earlier in warm climates than in cold, and in densely populated manufacturing towns than in thinly populated agricultural districts. The mental and bodily habits of the individual have also considerable influence upon the time of its occurrence; girls brought up in the midst of luxury or sensual indulgence undergoing this change earlier than those reared in hardihood and self-denial."—*Dr. Carpenter's Human Physiology.*

† "Some curious facts come to light in the Scotch Registrar-General's report in reference to prolific mothers. One mother, who was only eighteen, had four children; one, who was twenty-two, had seven children; and of two who were only thirty-four, one had thirteen and the

attended in their confinements several women whose ages were fifty. 'I well recollect a case occurring in my father's practice in 1839, where a woman became a widow at forty-nine years of age. Shortly afterward she married her second husband, and within twelve months of this time gave birth to her *first* child. These cases belong to the working classes. But I know of two others, where gentlewomen became mothers at fifty—one with her first child, the other with her eighth. I can say nothing of how they menstruated, but I know of a virgin in whom the catamenia appeared *regularly* and undiminished up to and at the end of sixty.' Dr. Powell says that he last year attended a woman in her fifty-second year; and Mr. Heckford, that he attended a woman who stated her age to be at least fifty. Mr. Clark, of Mold, states that he has attended several women whose ages were upward of forty-four, and that he lately delivered a woman of her first child at forty-eight. Mr. Bloxham, of Portsmouth, delivered at fifty-two, in her first confinement, a woman who had been married thirty-five years."

In very warm climates, such as in Abyssinia and in India, girls menstruate when very young—at ten or eleven years old; indeed, they are sometimes mothers at those ages. But when it commences early, it leaves early; so that they are old women at thirty. "Physically, we know that there is a very large latitude of difference in the periods of human maturity, not merely between indi-

---

other fourteen children; and, on the other hand, two women became mothers as late in life as at fifty-one, and four at fifty-two; and one mother was registered as having given birth to a child in the fifty-seventh year of her age."

tion—differences so great that in some southern regions of Asia we hear of matrons at the age of twelve." Dr. Montgomery brings forward some interesting cases of early maturity. He says: "Bruce mentions that in Abyssinia he has frequently seen mothers of eleven years of age; and Dunlop witnessed the same in Bengal. Dr. Goodeve, Professor of Midwifery at Calcutta, in reply to a query on the subject, said: 'The earliest age at which I have *known* a Hindu woman bear a child is ten years, but I have *heard* of one at nine.'"

In cold climates, such as Russia, women begin to menstruate late in life, frequently not until they are between twenty and thirty years old; and, as it lasts on them thirty or thirty-five years, it is not an unusual occurrence for them to bear children at a very advanced age—even so late as sixty. They are frequently not "regular" oftener than three or four times a year, and when it does occur the menstrual discharge is generally sparing in quantity.

The menstrual fluid is not exactly blood, although, both in appearance and in properties, it much resembles it; yet it never in the healthy state clots as blood does. It is a secretion from the womb, and, when healthy, ought to be of a bright-red color, in appearance very much like blood from a recently-cut finger.

The menstrual fluid ought not, as before observed, to clot. If it does, a lady, during menstruation, suffers intense pain; moreover, she seldom conceives until the clotting has ceased. Application must therefore, in such a case, be made to a medical man, who will soon relieve the above painful symptoms, and, by doing so, will probably pave the way to her becoming pregnant.

Menstruation ceases *entirely* in pregnancy, during suck-

ling and usually both in diseased and in disordered states of the womb. It also ceases in cases of extreme debility, and in severe illness, especially in consumption; indeed, in the latter disease—consumption—it is one of the most unfavorable of the symptoms.

It has been asserted, and by men of great experience, that sometimes a woman *menstruates* during pregnancy. In this assertion I can not agree; it appears utterly impossible that she should be able to do so. The moment she conceives, the neck of the womb becomes plugged up by means of mucus; it is, in fact, hermetically sealed. There certainly is sometimes a slight red discharge, looking very much like menstrual fluid, and coming on at her monthly periods, but being usually very sparing in quantity, and lasting only a day or so, and sometimes only for an hour or two; but this discharge does not come from the cavity of, but from some small vessels, at the mouth of the womb, and is not menstrual fluid at all, but a few drops of real blood. If this discharge came from the cavity of the womb, it would probably lead to a miscarriage. My old respected and talented teacher, the late Dr. D. Davis,* declared that it would be quite impossible during pregnancy for menstruation to occur. He considered that the discharge which was taken for menstruation, arose from the rupture of some small vessels about the mouth of the womb.

Some ladies, though comparatively few, menstruate during suckling; when they do, it may be considered not the rule, but the exception. It is said, in such instances, that they are more likely to conceive. Many persons have an idea that when a woman, during lactation, menstruates,

* Dr. David D. Davis was physician-accoucheur in attendance at the birth of her present Majesty.

the milk is both sweeter and purer. Such is an error. Menstruation during suckling is more likely to weaken the mother, and consequently to deteriorate the milk. It therefore behooves a parent never to take a wet nurse who menstruates during the period of suckling.

A lady sometimes suffers severe pains both just before and during her "poorly" times. When such be the case, she seldom conceives until the pain be removed. She ought, therefore, to apply to a medical man, as relief may soon be obtained. When she is freed from the pain, she will, in all probability, in due time become *enceinte*.

If a married woman have painful menstruation, even if she become pregnant, she is more likely, in the early stage, to miscarry. This is an important consideration, and requires the attention of a doctor.

If a single lady, who is about to be married, have painful menstruation, it is incumbent on either her mother or a female friend to consult, two or three months before the marriage takes place, an experienced medical man, on her case; if this be not done, she will most likely, after marriage, either labor under ill health, or be afflicted with barrenness, or, if she do conceive, be prone to miscarry.

The menstrual discharge, as before remarked, ought, if healthy, to be of the color of blood—of fresh, unclotted blood. If it be either too pale (and it sometimes is almost colorless), or, on the other hand, if it be both dark and thick (it is occasionally as dark, and sometimes nearly as thick as treacle), there will be but scant hopes of a lady conceiving. A medical man ought, therefore, at once to be consulted, who will, in the generality of cases, be able to remedy the defect. The chances are, that as soon as the defect be remedied, she will become pregnant.

Menstruation at another time is too sparing: this is a frequent cause of a want of family. Luckily a doctor is in the majority of cases, able to remedy the defect, and by doing so will probably be the means of bringing the womb into a healthy state, and thus predispose her to become a mother.

A married lady is very subject to the "whites;" the more there will be of the "whites," the less there will usually be of the menstrual discharge;—so that in a bad case of the "whites" menstruation might entirely cease, until proper means be used both to restrain the one and to bring back the other. Indeed, as a rule, if the menstrual discharge, by proper treatment, be healthily established and restored, the "whites" will often cease of themselves. Deficient menstruation is a frequent cause of the "whites," and the consequent failure of a family; and as deficient menstruation is usually curable, a medical man ought, in all such cases, to be consulted.

Menstruation at other times is either too profuse or too long continued. Either the one or the other is a frequent source of barrenness, and is also weakening to the constitution, and thus tends to bring a lady into a bad state of health. This, like the former cases, by judicious management may generally be rectified; and being rectified, will in all probability result in the wife becoming a mother.

When a lady is neither pregnant nor "regular," she ought immediately to apply to a doctor, as she may depend upon it there is something wrong about her, and that she is not likely to become *enceinte** until menstru-

*With regard to the origin of the word *enceinte*, Dr. Montgomery, in his valuable *Exposition of the Signs and Symptoms of Pregnancy*, observes: "Many a one who confesses, with a smile or a blush, that she is

ation be properly established. As soon as menstruation be duly and healthily established, pregnancy will most likely, in due time, ensue.

When a lady is said to be "regular," it is understood that she is "regular" as to *quality*, and *quantity*, and *time*. If she be only "regular" as to the *time*, and the *quantity* be either deficient or in excess, or if she be "regular" as to the *time*, and the *quality* be bad, either too pale or too dark; or if she be "regular" as to the *quality* and *quantity*, and be irregular as to the *time*, she can not be well; and the sooner means are adopted to rectify the evil, the better it will be for her health and happiness.

There is among young wives, of the higher ranks, of the present time, an immense deal of hysteria; indeed it is, among them, in one form or another, the most frequent complaint of the day. Can it be wondered at? Certainly not. The fashionable system of spending married life, such as late hours, close rooms, excitement, rounds of visiting, luxurious living, is quite enough to account for its prevalence. The menstrual functions in a case of this kind are not duly performed; she is either too much or too little "unwell;" menstruation occurs either too soon, or too late, or at irregular periods. I need scarcely say that such a one, until a different order of things be instituted, and until proper and efficient means be used to restore healthy menstruation, is not likely to conceive; or, if she did conceive, she would most likely either miscarry,

---

enceinte, would do well to remember the origin of the word she uses. It was the habit of the Roman ladies to wear a tight girdle or cincture round their waists; but when pregnancy occurred, they were required by law—at least that of opinion—to remove this restraint; and hence a woman so situated was said to be *incincta*, or unbound, and hence also the adoption of the term *enceinte* to signify a state of pregnancy."

or, if she did go her time, bring forth a puny, delicate child. A fashionable wife and happy mother are incompatibilities! Oh, it is sad to contemplate the numerous victims that are sacrificed yearly on the shrine of fashion! The grievous part of the business is, that fashion is not usually amenable to reason and common-sense; argument, entreaty, ridicule, are each and all alike in turn powerless in the matter. Be that as it might, I am determined boldly to proclaim the truth, and to make plain the awful danger of a wife becoming a votary of fashion.

Many a lady, either from suppressed or from deficient menstruation, who is now chlorotic, hysterical, and dyspeptic, weak and nervous, looking wretchedly, and whose very life is a burden, may, by applying to a medical man, be restored to health and strength.

As soon as a lady "ceases to be after the manner of women"—that is to say, as soon as she *ceases to menstruate*—it is said that she has "a change of life;" and if she does not take care, she will soon have "a change of health" to boot, which, in all probability, will be for the worse.

After a period of about thirty years' continuation of menstruation, a woman *ceases to menstruate;* that is to say, when she is about forty-four or forty-five years of age, and, occasionally, as late in life as when she is forty-eight years of age, she has "change of life," or, as it is called, a "turn of years." Now, before this takes place, she oftentimes becomes very "irregular;" at one time she is "regular" before her proper period; at another time either before or after; so that it becomes a *dodging time* with her, as it is so styled. In a case of this kind menstruation is sometimes very profuse; at another it is

very sparing; occasionally it is light-colored, almost colorless; sometimes it is as red as from a cut finger; while now and then it is as black as ink.

When "change of life" is about, and during the time, and for some time afterward, a lady labors under, at times, great flushings of heat; she, as it were, blushes all over; she goes very hot and red, almost scarlet; then perspires; and afterward becomes cold and chilly. These flushings occur at very irregular periods; they might come on once or twice a day, at other times only once or twice a week, and occasionally only at what would have been her "poorly times." These flushings might be looked upon as rather favorable symptoms, and as an effort of nature to relieve itself through the skin. These flushings are occasionally, although rarely, attended with hysterical symptoms. A little appropriate medicine is for these flushings desirable. A lady while laboring under these heats is generally both very much annoyed and distressed; but she ought to comfort herself with the knowledge that they are in all probability doing her good service, and that they might be warding off, from some internal organ of her body, serious mischief.

"Change of life" is one of the most important periods of a lady's existence, and generally determines whether, for the rest of her days, she shall either be healthy or otherwise; it, therefore, imperatively behooves her to pay attention to the subject, and in all cases when it is about taking place to consult a medical man, who will, in the majority of cases, be of great benefit to her, as he will be able to ward off many important and serious diseases to which she would otherwise be liable. When "change of life" ends favorably, which, if properly managed, it most

likely will do, she may improve in constitution, and may really enjoy better health and spirits, and more comfort, than she has done for many previous years. A lady who has during the whole of her wifehood eschewed fashionable society, and who has lived simply, plainly, and sensibly, and who has taken plenty of out-door exercise, will, during the autumn and winter of life, reap her reward by enjoying what is the greatest earthly blessing—health!

CHAPTER II.

PREGNANCY.

Signs of Pregnancy—Care of Health During Pregnancy—Clothing—Ablution—Air and Exercise—Ventilation—Drainage—Necessity of Occasional Rest—Food—Sleep—Ailments of Pregnancy—Medicine—Miscarriage—False Labor-Pains—Period of Gestation—The "Count"—Being out in the Reckoning—Is it a Boy or a Girl—Monthly Nurse.

THE first sign that leads a lady to suspect that she is pregnant is her *ceasing to be unwell.* This, provided she has just before been in good health, is a strong symptom of pregnancy; but still there must be others to corroborate it.

The next symptom is *morning sickness.* This is one of the earliest symptoms of pregnancy, as it sometimes occurs a few days, and indeed generally not later than a fortnight or three weeks, after conception. Morning sickness is frequently distressing, oftentimes amounting to vomiting, and causing a loathing of breakfast. This sign usually disappears after the first three or four months. Morning sickness is not always present in pregnancy; but, nevertheless, it is a frequent accompaniment, and many who have had families, place more reliance on this than on any other symptom.

A third symptom is *shooting, throbbing, and lancinating pains, and enlargement of the breasts, with soreness of the nipples,* occurring about the second month; and in some instances, after the first few months, a small quantity of watery fluid, or a little milk, may be squeezed

out of them. This latter symptom, in a *first* pregnancy, is valuable, and can generally be relied on as conclusive that the female is pregnant. It is not so valuable in an *after* pregnancy, as a *little* milk might, even should she not be pregnant, remain in the breasts for some months after she has weaned her child.

The veins of the breast look more blue, and are consequently more conspicuous than usual, giving the bosom a mottled appearance. The breasts themselves are firmer and more knotty to the touch. The nipples, in the majority of cases, look more *healthy* than customary, and are somewhat elevated and enlarged; there is generally a slight moisture upon their surface, sufficient in some instances to mark the linen.

A dark-brown areola or disk may usually be noticed around the nipple, the change of color commencing about the second month. The tint at first is a light brown, which gradually deepens in intensity, until, toward the end of pregnancy, the color may be very dark. Dr. Montgomery, who has paid great attention to the subject, observes: "During the progress of the next two or three months the changes in the areola are in general perfected, or nearly so, and then it presents the following characters: A circle around the nipple, whose color varies in intensity according to the particular complexion of the individual, being usually much darker in persons with black hair, dark eyes, and sallow skin, than in those of fair hair, light-colored eyes, and delicate complexion. The area of this circle varies in diameter from an inch to an inch and a half, and increases in most persons as pregnancy advances, as does also the depth of color." The dark areola is somewhat swollen. "There is," says Dr. Montgomery,

"a puffy turgescence, not only of the nipple, but of the whole surrounding disk."

A fourth symptom is *quickening*. This generally occurs about the completion of the *fourth* calendar month; frequently a week or two before the end of that period; at other times a week or two later. A lady sometimes quickens as early as the *third* month, while others, although rarely, quicken as late as the *fifth*, and, *in very rare cases*, the *sixth* month.

It will therefore be seen that there is an uncertainty as to the period of quickening, although, as I before remarked, the *usual* period occurs either on, or more frequently a week or two before, the completion of the *fourth* calendar month of pregnancy.

A lady at this time frequently either feels faint, or actually faints away; she is often either giddy, or sick, or nervous, and in some instances even hysterical. Although, in rare cases, some women do not even know the precise time when they quicken.

The sensation of "quickening" is said by many ladies to resemble the fluttering of a bird. "Quickening" arises from the ascent of the womb higher into the belly, as, from its increased size, there is not room for it below. The old-fashioned idea was that the child was not alive until a woman had quickened. This is a mistaken notion, as he is alive, or "quick," from the very commencement of his formation.

Hence the heinous and damnable sin of a single woman, in the *early* months of pregnancy, using means to promote abortion; it is as much murder as though the child were at his full time, or as though he were butchered when he was actually born!

An attempt, then, to procure abortion is a crime of the deepest dye—viz: a heinous murder! It is attended, moreover, with fearful consequences to the mother's own health; it may either cause her *immediate* death, or it may so grievously injure her constitution that she might never recover from the shock. If these fearful consequences ensue, she ought not to be pitied: she richly deserves them all. Our profession is a noble one, and every qualified member of it would scorn and detest the very idea either of promoting or of procuring an abortion; but there are unqualified villains who practice the damnable art. Transportation, if not hanging, ought to be their doom. The seducers, who often assist and abet them in their nefarious practices, should share their punishment.

Flatulence has sometimes misled a young wife to fancy that she has quickened; but in determining whether she be pregnant, she ought never to be satisfied with one symptom alone; if she be, she will be frequently misled. The following are a few of the symptoms that will distinguish the one from the other: In flatulence, the patient is small one hour and large the next; while in pregnancy the enlargement is persistent, and daily and gradually increases. In flatulence, on pressing the bowels firmly, a rumbling of wind may be heard, which will move about at will; while the enlargement of the womb in pregnancy is solid, resistant, and stationary. In flatulence, on tapping—percussing—the belly there will be a hollow sound elicited as from a drum; while in pregnancy it will be a dull, heavy sound, as from thrumming on a table. In flatulence, if the points of the fingers be firmly pressed into the belly, the wind will wobble about; in pregnancy they will be resisted as by a wall of flesh.

The fifth symptom is, immediately after the quickening, *increased size and hardness of the belly.* An accumulation of fat covering the belly has sometimes led a lady to suspect that she is pregnant; but the soft and doughy feeling of the fat is very different to the hardness, solidity, and resistance of pressure of pregnancy.

The sixth symptom is *pouting or protrusion of the navel.* This symptom does not occur until some time after a lady has quickened; indeed, for the first two months of pregnancy the navel is drawn in and depressed. As the pregnancy advances, the navel gradually comes more forward. "The navel, according to the progress of the pregnancy, is constantly emerging, till it comes to an even surface with the integuments of the abdomen [belly]; and to this circumstance much regard is to be paid in cases of doubtful pregnancy."

Sleeplessness, heartburn, increased flow of saliva, toothache, loss of appetite, longings, excitability of mind, a pinched appearance of countenance, liver or sulphur-colored patches on the skin, and *likes* and *dislikes* in eating,—either the one or the other of these symptoms frequently accompany pregnancy; but, as they might arise from other causes, they are not to be relied on further than this—that if they attend the more certain signs of pregnancy, such as cessation of being "regular," morning sickness, pains and enlargement of and milk in the breasts, the gradually-darkening brown areola or mark around the nipple, etc., they will then make assurance doubly sure, and a lady may know for certain that she is pregnant.

CLOTHING.

A lady who is pregnant ought on no account to wear tight dresses, as the child should have plenty of room. She ought to be, as *enceinte* signifies, *incincta*, or unbound. Let the clothes be adapted to the gradual development both of the belly and the breasts. She must, whatever she may usually do, wear her stays loose. If there be bones in the stays, let them be removed. Tight lacing is injurious both to the mother and to the child, and frequently causes the former to miscarry; at another time it has produced a cross-birth; and sometimes it has so pressed in the nipples as to prevent a proper development of them, so that where a lady has gone her time, she has been unable to suckle her infant, the attempt often causing a gathered bosom. These are great misfortunes, and entail great misery both on the mother and the child (if it has not already killed him,) and ought to be a caution and a warning to every lady for the future.

The feet and legs during pregnancy are very apt to swell and to be painful and the veins of the legs to be largely distended. The garters ought, at such times, to be worn slack, as tight garters are highly injurious; and, if the veins be very much distended, it will be necessary for her to wear a properly-adjusted elastic silk stocking, made purposely to fit her foot and leg, and which a medical man will himself procure for her.

ABLUTION.

A *warm* bath in pregnancy is too relaxing. A *tepid* bath once a week is beneficial. Sponging the whole of the body every morning with luke-warm water may with safety and advantage be adopted, gradually reducing the

temperature of the water until it be used quite cold. The skin should, with moderately coarse towels, be quickly but thoroughly dried.

Either the *bidet* or sitz-bath ought *every morning* to be used. The patient should first sponge herself, and then finish up by sitting for a few seconds, or while, in the winter, she can count fifty, or while, in the summer, she can count a hundred, in the water. It is better not to be long in it; it is a slight shock that is required, which, where the sitz-bath agrees, is immediately followed by an agreeable glow of the whole body. If she sits in the water for a long time she becomes chilled and tired, and is very likely to catch cold. She ought, until she become accustomed to the cold, to have a dash of warm water added; but the sooner she can use *quite cold* water the better. While sitting in the bath she should throw either a woolen shawl or a small blanket over her shoulders. *She will find the greatest comfort and benefit from adopting the above recommendation.* Instead of giving, it will prevent cold, and it will be one of the means of warding off a miscarriage, and of keeping her in good health.

A shower-bath in pregnancy gives too great a shock, and might induce a miscarriage. I should *not* recommend, for a lady who is pregnant, sea-bathing; nevertheless, if she be delicate, and if she be prone to miscarry, change of air to the coast (provided it be not too far away from home), and inhaling the sea-breezes, may brace her, and ward off the tendency. But although sea-bathing be not desirable, sponging the body with sea-water may be of great service to her.

AIR AND EXERCISE.

A young wife, in her *first* pregnancy, usually takes *too long* walks. This is a common cause of *flooding*, of *miscarriage*, and of *bearing down* of the *womb*. As soon, therefore, as a lady has the *slightest suspicion* that she is *enceinte*, she must be careful in the taking of exercise.

Although *long* walks are injurious, she ought not to run into an opposite extreme; short, gentle, and frequent walks during the whole period of pregnancy can not be too strongly recommended; indeed, a lady who is *enceinte* ought to live half her time in the open air. Fresh air and exercise prevent many of the unpleasant symptoms attendant on that state; they keep her in health; they tend to open her bowels; and they relieve that sensation of faintness and depression so common and distressing in *early* pregnancy.

Exercise, fresh air, and occupation are then essentially necessary in pregnancy. If they be neglected, hard and tedious labors are likely to ensue. One, and an important, reason of the easy and quick labors and rapid "gettings about" of poor women, is the abundance of exercise and of occupation which they are both daily and hourly obliged to get through. Why, many a poor woman thinks but little of a confinement, while a rich one is full of anxiety about the result. Let the rich lady adopt the poor woman's industrious and abstemious habits, and labor need not then be looked forward to, as it frequently now is, either with dread or with apprehension.

Stooping, lifting of heavy weights, and overreaching, ought to be carefully avoided. Running, horse-exercise, and dancing, are likewise dangerous—they frequently induce a miscarriage.

MAN'S STRENGTH. RELATION OF BONES TO BULK.

Indolence is most injurious in pregnancy. A lady who, during the greater part of the day, lolls either on a sofa or on an easy-chair, and who seldom walks out, has a much more lingering and painful labor than one who takes moderate and regular open-air exercise, and who attends to her household duties.

An active life is, then, the principal reason why the wives of the poor have such quick and easy labors, and such good recoveries; why their babies are so rosy, healthy, and strong; notwithstanding the privations and hardships and poverty of the parents.

Bear in mind, then, that a lively, active woman, has an easier and quicker labor, and a finer race of children, than one who is lethargic and indolent. Idleness brings misery, anguish, and suffering in its train, and particularly affects pregnant ladies. Oh, that these words would have due weight, then this book will not have been written in vain. The hardest work in the world is having nothing to do! "Idle people have the most labor;" this is particularly true in pregnancy; a lady will, when labor actually sets in, find to her cost that idleness has given her most labor. "Idleness is the badge of gentry, the bane of body and mind, the nurse of Naughtiness, the step-mother of Discipline, the chief author of all Mischief, one of the seven deadly sins, the cushion upon which the Devil chiefly reposes, and a great cause not only of Melancholy, but of many other diseases; for the mind is naturally active, and if it be not occupied about some honest business, it rushes into Mischief or sinks into Melancholy."

A lady sometimes looks upon pregnancy more as a disease than as a natural process; hence she treats herself as though she were a regular invalid, and, unfortunately,

she too often makes herself really one by improper and by foolish indulgences.

VENTILATION—DRAINAGE.

Let a lady look well to the *ventilation* of her house; let her take care that every chimney be unstopped, and during the daytime that every window in every unoccupied room be thrown open.

Where there is a sky-light at the top of the house, it is well to have it made to open and to shut, so that in the daytime it may, winter and summer, be always open; and in the summer-time it may, day and night, be left unclosed. Nothing so thoroughly ventilates and purifies a house as an open sky-light.

If a lady did but know the importance—the vital importance—of ventilation, she would see that the above directions were carried out to the very letter. My firm belief is, that if more attention were paid to ventilation—to thorough ventilation—child-bed fever would be an almost unknown disease.

The cooping-up system is abominable; it engenders all manner of infectious and of loathsome diseases, and not only engenders them, but feeds them, and thus keeps them alive. There is nothing wonderful in all this, if we consider but for one moment that the exhalations from the lungs are poisonous! That is to say, that the lungs give off carbonic acid gas (a deadly poison), which, if it be not allowed to escape out of the room, must over and over again be breathed. That if the perspiration of the body (which in twenty-four hours amounts to two or three pounds) be not permitted to escape out of the apartment, it must become fetid—repugnant to the nose, sickening to

the stomach, and injurious to the health. Oh, how often the nose is a sentinel, and warns its owner of approaching danger!

Truly the nose is a sentinel! The Almighty has sent bad smells for our benefit to warn us of danger. If it were not for an unpleasant smell, we should be constantly running into destruction. How often we hear of an ignorant person using disinfectants and fumigations to deprive drains and other horrid places of their odors, as though, if the place could be robbed of its smell, it could be robbed of its danger! Strange infatuation! No; the frequent flushings of drains, the removal of nuisances, cleanliness, a good scrubbing of soap and water, sunshine, and the air and winds of heaven, are the best disinfectants in the world. A celebrated and eccentric lecturer on surgery, in addressing his class, made the following quaint and sensible remark: "Fumigations, gentlemen, are of essential importance; they make so abominable a stink that they compel you to open the windows and admit fresh air."

It is doubtless, then, admirably appointed that we are able to detect "the well-defined and several stinks;" for the danger is not in them,—to destroy the smell is not to destroy the danger; certainly not! The right way to do away with the danger is to remove the cause, and the effect will cease; flushing a sewer is far more efficacious than disinfecting one; soap and water and the scrubbing-brush, and sunshine and thorough ventilation, each and all are far more beneficial than either permanganate of potash, or chloride of zinc, or chloride of lime. People nowadays think too much of disinfectants and too little of removal of causes; they think too much of artificial,

and too little of natural, means. It is a sad mistake to lean so much on, and to trust so much to, man's inventions!

What is wanted, nowadays, is a little less theory and a great deal more common-sense. A rat, for instance, is, in theory, grossly maligned; he is considered to be very destructive, an enemy to man, and one that ought to be destroyed—every man's hand being against him. Now, a rat is, by common-sense, well known to be in its proper place—that is to say, in sewers and in drains—destructive only to man's enemies—to the organic matter that breeds fevers, cholera, diphtheria, etc.; the rat eats the pabulum or food which would otherwise convert towns into hot-beds of terrible diseases. That which is a rat's food is often a man's poison; hence a rat is one of the best friends that a man has, and ought, in his proper place, to be in every way protected; the rat, in drains, is the very best of scavengers; in a sewer he is invaluable; in a house he is most injurious; a rat in a sewer is worth gallons of disinfectants, and will, in purifying a sewer, beat all man's inventions hollow; the maligned rat, therefore, turns out, if weighed by common-sense, to be not only one of the most useful of animals, but of public benefactors; the rat's element, then, is the sewer; he is the king of the sewer, and should there reign supreme, and ought not to be poisoned by horrid disinfectants.

If a lady, while on an errand of mercy, should in the morning go into a poor person's bed-room after he, she, or they (for oftentimes the room is crowded to suffocation) have during the night been sleeping, and where a breath of air is not allowed to enter—the chimney and every crevice having been stopped up—and where too much atten-

tion has not been paid to personal cleanliness, she will experience a faintness, an oppression, a sickness, a headache, a terribly fetid smell; indeed, *she is in a poisoned chamber!* It is an odor *sui generis*, which must be smelt to be remembered, and will then never be forgotten! Pity the poor who live in such styes—not fit for pigs! For pigs, styes are ventilated. But take warning, ye well-to-do in the world, and look well to your ventilation, or beware of the consequences. "If," says an able writer on fever in the last century, "any person will take the trouble to stand in the sun and look at his own shadow on a white plastered wall, he will easily perceive that his whole body is a smoking dunghill, with a vapor exhaling from every part of it. This vapor is subtle, acrid, and offensive to the smell; if retained in the body it becomes morbid, but if reabsorbed, highly deleterious. If a number of persons, therefore, are long confined in any close place not properly ventilated, so as to inspire and swallow with their spittle the vapors of each other, they must soon feel its bad effects."

Not only should a lady look well to the ventilation of her house, but either she or her husband ought to ascertain that the *drains* are in good and perfect order, and that the privies are frequently emptied of their contents. Bad drainage and overflowing privies are fruitful sources of child-bed fever, of gastric fever, of scarlatina, of diphtheria, of cholera, and of a host of other infections and contagious and dangerous diseases. It is an abominable practice to allow dirt to fester near human habitations; more especially as dirt, when mixed with earth, is really so valuable in fertilizing the soil. Lord Palmerston wisely says that "dirt is only matter in the wrong place."

A lady ought to look well to the purity of her *pump-water*, and to ascertain that no drain either enters or percolates, or contaminates in any way whatever, the spring; if it should do so, disease, such as either cholera, or diarrhœa, or dysentery, or diphtheria, or scarlet fever, or gastric fever, will, one or the other, as a matter of course, ensue. If there be the slightest danger or risk of drain contamination, whenever it be practicable, let the drain be taken up and be examined, and let the defect be carefully rectified. When it be impracticable to have the drain taken up and examined, then let the pump-water, before drinking it, be *always* previously boiled. The boiling of the water, as experience teaches, has the power either of destroying or of making innoxious the specific organic fœcal life poison, which propagates in drain contamination the diseases above enumerated.

NECESSITY OF OCCASIONAL REST.

A lady who is pregnant ought, for half an hour each time, to lie one or two hours every day on the sofa. This, if there be either a bearing-down of the womb, or if there be a predisposition to a miscarriage, will be particularly necessary. I should recommend this plan to be adopted throughout the whole period of the pregnancy: in the early months, to prevent a miscarriage, and, in the latter months, on account of the increased weight and size of the womb.

There is, occasionally, during the latter months, a difficulty in lying down; the patient feeling as though, every time she makes the attempt, she should be suffocated. When such be the case, she ought to rest herself upon the sofa, and be propped up with cushions, as I consider rest

at different periods of the day necessary and beneficial. If there be any difficulty in lying down at night, a bed-rest, well covered with pillows, will be found a great comfort.

DIETARY.

An abstemious diet, during the *early* period of pregnancy, is essential, as the habit of body, at that time, is usually feverish and inflammatory. I should therefore recommend abstinence from beer, porter, and spirits. Let me, in this place, urge a lady, during her pregnancy, not to touch spirits, such as either brandy or gin: they will only inflame her blood, and will poison and make puny her unborn babe; they will only give her false spirits, and will depress her in an increased ratio as soon as the effects of the brandy or of the gin have passed away. She ought to eat meat only but once a day. Rich soups and highly seasoned stews and dishes are injurious.

A lady who is *enceinte* may depend upon it that the less stimulants she takes at these times, the better it will be both for herself and for her infant; the more kind will be her labor and her "getting about," and the more vigorous and healthy will be her child.

It is a mistaken notion that she requires more nourishment during early pregnancy than at any other time; she, if anything, requires less. It has often been asserted that a lady who is pregnant ought to eat very heartily, as she has two to provide for. When it is taken into account that during pregnancy she "ceases to be unwell," and, therefore, that there is no drain on that score; and when it is also considered how small the ovum containing the embryo is, not being larger for the first two or three months than a hen's egg, it will be seen how futile is the assertion. A

wife, therefore, in early pregnancy, does not require more than at another time; if anything, she requires less. Again: during pregnancy, especially in the early stage, she is more or less sick, feverish, and irritable, and a superabundance of food would only add fuel to the fire, and would increase her sickness, fever, and irritability. Moreover, she frequently suffers from heartburn and from indigestion. Can anything be more absurd, when such is the case, than to overload a stomach already loaded with food which it is not able to digest? No; let nature in this, as in everything else, be her guide, and she will not then go far wrong! When she is further advanced in her pregnancy,—that is to say, when she has quickened,—her appetite generally improves, and she is much better in health than she was before; indeed, after she has quickened, she is frequently in better health than she ever has been. The appetite is now increased. Nature points out that she requires more nourishment than she did at first; for this reason, the fœtus is now rapidly growing in size, and consequently requires more support from the mother. Let the food, therefore, of a pregnant woman be now increased in quantity, but let it be both light and nourishing. Occasionally, at this time, she has taken a dislike to meat; if she has, she ought not to be forced to eat it, but should have instead, poultry, game, fish, chicken-broth, beef-tea, new milk, farinaceous food, such as rice, sago, batter puddings, and, above all, if she has a craving for it, good, sound, ripe fruit.

Roasted apples, ripe pears, raspberries, strawberries, grapes, tamarinds, figs, muscatel raisins, stewed rhubarb, stewed pears, stewed prunes, the inside of ripe gooseberries, and the juice of oranges, are, during pregnancy, par-

ticularly beneficial; they both quench the thirst and tend to open the bowels.

The food of a pregnant woman can not be too plain; high-seasoned dishes ought, therefore, to be avoided Although the food be plain, it must be frequently varied. She should ring the changes upon butcher's meat, poultry, game, and fish. It is a mistaken notion, that people ought to eat the same food over and over again, one day as another. The stomach requires variety, or disease, as a matter of course, will ensue.

Light puddings, such as either rice, or batter, or suet pudding, or fruit puddings, provided the paste be plain, may be taken with advantage. Rich pastry is highly objectionable.

If she be plethoric, abstinence is still more necessary, or she might have a tedious labor, or might suffer severely. The old-fashioned treatment was to bleed a pregnant patient if she were of a full habit of body. A more absurd plan could not be adopted! Bleeding would, by causing more blood to be made, only increase the mischief; but certainly it would be blood of an inferior quality, watery and poor. The best way to diminish the quantity of blood is to moderate the amount of food, to lessen the supplies.

SLEEP.

The bed-room of a pregnant lady ought, if practicable, to be large and airy. Particular attention must be paid to the *ventilation*. The chimney should on no account be stopped. The door and the windows ought in the daytime to be thrown wide open, and the bedclothes should be thrown back, that the air might, before the approach of night, well ventilate them.

It is a mistaken practice for a pregnant woman, or for any one else, to sleep with closely-drawn curtains. Pure air and a frequent change of air are quite as necessary—if not more so—during the night as during the day: and how can it be pure, and how can it be changed, if curtains are closely drawn around the bed? Impossible. The roof of the bedstead ought not to be covered with bed furniture; it should be open to the ceiling, in order to prevent any obstruction to a free circulation of air.

The bed must not be loaded with clothes, more especially with a thick coverlet. If the weather be cold, let an *extra* blanket be put on the bed, as the perspiration can permeate through a blanket when it can not through a thick coverlet.

A lady who is pregnant is sometimes restless at night—she feels oppressed and hot. The best remedies are:—(1) Scant clothing on the bed. (2) The lower sash of the window, during the summer months, to be left open to the extent of six or eight inches, and during the winter months, to the extent of two or three inches; provided the room be large, the bed be neither near nor under the window, and the weather be not intensely cold. If any or all of these latter circumstances occur, then (3) the window to be closed and the door to be left ajar (the landing or the sky-light window at the top of the house being left open all night, and the door being secured from intrusion by means of a door-chain). (4) Attention to be paid, if the bowels be costive—but not otherwise—to a *gentle* action of the bowels by castor-oil. (5) An abstemious diet, avoiding stimulants of all kinds. (6) Gentle walking exercise. (7) Sponging the body every morning—in the winter with *tepid* water, and in the summer

with *cold* water. (8) Cooling fruits in the summer are in such a case very grateful and refreshing. (See paragraph, pp. 200, 201.)

A pregnant woman sometimes experiences an inability to lie down, the attempt occasionally producing a feeling of suffocation and of faintness. She ought, under such circumstances, to lie on a bed-rest, which must, by means of pillows, be made comfortable; and she should take, every night at bedtime, a teaspoonful of sal-volatile in a wineglassful of water.

Pains at night, during the latter end of the time, are usually frequent, so as to make an inexperienced lady fancy that her labor was commencing. Little need be done; for unless the pains be violent, nature ought not to be interfered with. If they be violent, application should be made to a medical man.

A pregnant lady must retire early to rest. She ought to be in bed every night by ten o'clock, and should make a point of being up in good time in the morning, that she may have a thorough ablution, a stroll in the garden, and an early breakfast; and that she may afterward take a short walk either in the country or in the grounds while the air is pure and invigorating. But how often, more especially when a lady is first married, is an opposite plan adopted! The importance of bringing a healthy child into the world, if not for her own and her husband's sake, should induce a wife to attend to the above remarks.

Although some ladies, during pregnancy, are very restless, others are very sleepy, so that they can scarcely, even in the day, keep their eyes open. Fresh air, exercise, and occupation, are the best remedies for keeping them awake.

MEDICINE.

A young wife is usually averse to consult a medical man concerning several *trifling* ailments, which are nevertheless, in many cases, both annoying and distressing. I have, therefore, deemed it well to give a brief account of such *slight* ailments, and to prescribe a few *safe* and *simple* remedies for them. I say *safe* and *simple*, for *active* medicines require skillful handling, and, therefore, ought not—unless in certain emergencies—to be used except by a doctor himself.

I wish it, then, to be distinctly understood that in all *serious* attacks, and in *slight* ailments if not quickly relieved, a medical man ought to be called in.

A costive state of the bowels is common in pregnancy; a *mild* aperient is, therefore, occasionally necessary. The mildest must be selected, as a strong purgative is highly improper, and even dangerous. Calomel and all other preparations of mercury are to be especially avoided, as a mercurial medicine is apt to weaken the system and sometimes even to produce a miscarriage.

An abstemious diet, where the bowels are costive, is more than usually desirable, for if the bowels be torpid, a quantity of food will only clog and make them more sluggish. Besides, when labor comes on, a loaded state of the bowels will add much to a lady's sufferings as well as to her annoyance.

The best aperients are castor oil, salad oil, compound rhubarb pills, honey, stewed prunes, stewed rhubarb, Muscatel raisins, figs, grapes, roasted apples, Normandy pippins, oatmeal, and milk gruel, coffee, brown bread and treacle, raw sugar (as a sweetener of the food), Du Barry's Arabica revalenta.

Castor oil, in pregnancy, is a valuable aperient. Frequent and small are preferable to occasional and large doses. If the bowels be constipated (but *certainly* not otherwise), castor oil ought to be taken regularly twice a week. The best time for administering it is early in the morning. The dose is from a teaspoonful to a dessert-spoonful.

The best ways of administering it are the following. Let a wineglass be well rinsed out with water, so that the sides may be well wetted; then, let the wineglass be half filled with cold water, fresh from the pump. Let the necessary quantity of oil be now carefully poured into the center of the wineglass, taking care that it does not touch the sides; and, if the patient will, thus prepared, drink it off at one draught, she will scarcely taste it. Another way of taking it is swimming on warm new milk. A third *and a good method* is floating on *warm* coffee: the coffee ought, in the usual way, to be previously sweetened and mixed with cream. There are two advantages in giving castor oil on coffee: (1) it is a pleasant way of giving it—the oil is scarcely tasted; and (2) the coffee itself, more especially if it be sweetened with *raw* sugar, acts as an aperient; less castor oil, in consequence, being required; indeed, with many patients the coffee, sweetened with *raw* sugar, alone is a sufficient aperient. A fourth and an agreeable way of administering it is on orange-juice—swimming on the juice of one orange.

Some ladies are in the habit of taking it on brandy and water; but the spirit is apt to dissolve a portion of the oil, which afterward rises in the throat.

If *salad oil* be preferred, the dose ought to be as much again as of castor oil; and the patient should, during the

day she takes it, eat either a fig or two, or a dozen or fifteen of stewed prunes, or of stewed French plums, as salad oil is much milder in its effects than castor oil.

Where a lady can not take oil, one or two compound rhubarb pills may be taken at bedtime; or a Seidlitz powder early in the morning, occasionally; or a quarter of an ounce of *tasteless salts*—phosphate of soda—may be dissolved in lieu of table salt, in a cupful either of soup, or of broth, or of beef tea, and be occasionally taken at luncheon.

When the motions are hard, and when the bowels are easily acted upon, two, or three, or four pills made of Castile soap will frequently answer the purpose; and if they will, are far better than any ordinary aperient. The following is a good form:

Take of—Castile Soap, five scruples;
Oil of Caraway, six drops;
To make twenty-four pills. Two, or three, or four to be taken at bedtime occasionally.

A teaspoonful of honey, either eaten at breakfast, or dissolved in a cup of tea, will frequently comfortably and effectually open the bowels, and will supersede the necessity of taking aperient medicine.

A basin of thick Derbyshire oatmeal gruel, made either with new milk or with cream and water, with a little salt, makes an excellent luncheon or supper for a pregnant lady; it is both nourishing and *aperient*, and will often entirely supersede the necessity of giving opening medicine. If she prefer sugar to salt, let *raw* sugar be substituted for the salt. The occasional substitution of coffee for tea at breakfast usually acts beneficially on the bowels.

Let me again urge the importance of a lady, during the whole period of pregnancy, being particular as to the state of her bowels, as costiveness is a fruitful cause of painful, of tedious, and of hard labors. It is my firm conviction that if a patient who suffers from constipation were to attend more to the regularity of her bowels, difficult cases of labor would rarely occur, more especially if the simple rules of health were adopted, such as: attention to diet—the patient partaking of a variety of food, and allowing the farinaceous, such as oatmeal and the vegetable and fruit element, to preponderate; the taking of exercise in the open air; attending to her household duties; avoiding excitement, late hours, and all fashionable amusements.

Many a pregnant lady does not leave the house—she is a fixture. Can it, then, be wondered at that costiveness so frequently prevails? Exercise in the fresh air, and occupation, and household duties, are the best opening medicines in the world. An aperient, let it be ever so judiciously chosen, is apt, after the effect is over, to bind up the bowels, and thus to increase the evil. Now, nature's medicines,—exercise in the open air, occupation, and household duties,—on the contrary, not only at the time open the bowels, but keep up a proper action for the future; hence their inestimable superiority.

Where a lady can not take medicine, or where it does not agree with her, a good remedy for constipation in pregnancy is the *external* application of castor oil—castor oil as a liniment—to the bowels. The bowels should be well rubbed every night and morning with the castor oil. This, if it succeed, will be an agreeable and safe method of opening the bowels.

Another excellent remedy for the costiveness of pregnancy is an enema, either of warm water or of Castile soap and water, which the patient, by means of a self-injecting enema apparatus, may administer to herself. The quantity of warm water to be used is from half a pint to a pint; the proper heat is the temperature of new milk; the time for administering it is early in the morning, twice or three times a week. The advantages of clysters are, they never disorder the stomach—they do not interfere with the digestion—they do not irritate the bowels—they are given with the greatest facility by the patient herself—and they do not cause the slightest pain. If an enema be used to open the bowels, it may be well to occasionally give one of the aperients recommended above, in order, if there be costiveness, to insure a thorough clearance of the *whole* of the bowels.

If the bowels should be opened once every day, it would be the height of folly for a pregnant lady to take either castor oil or any other aperient. She ought then to leave her bowels undisturbed, as the less medicine she takes the better. If the bowels be daily and properly opened, aperients of any sort whatever would be highly injurious to her. The plan in this, as in all other cases, is to leave well alone, and never to give physic for the sake of giving it.

Diarrhea.—Although the bowels in pregnancy are generally costive, they are sometimes in an opposite state, and are relaxed. Now, this relaxation is frequently owing to their having been too much constipated, and nature is trying to relieve itself by purging. Such being the case, a patient ought to be careful how, by the taking of chalk and of astringents, she interferes with the relaxation.

The fact is, that in all probability there is something in the bowels that wants coming away, and nature is trying all she can to afford relief. Sometimes, provided she is not unnecessarily interfered with, she succeeds; at others, it is advisable to give a mild aperient to help nature in bringing it away.

When such be the case, a gentle aperient, such as either castor oil or rhubarb and magnesia, ought to be chosen. If castor oil, a teaspoonful or a dessertspoonful, swimming on a little new milk, will generally answer the purpose. If rhubarb and magnesia be the medicine selected, then a few doses of the following mixture will usually set all to rights:

Take of—Powdered Turkey Rhubarb, half a drachm;
Carbonate of Magnesia, one drachm;
Essence of Ginger, one drachm;
Compound Tincture of Cardamoms, half an ounce;
Peppermint water, five ounces and a half:
Two tablespoonfulls of the mixture to be taken three times a day, first shaking the bottle.

The diet ought to be simple, plain, and nourishing, and should consist of beef-tea, of chicken-broth, of arrowroot, and of well-made and well-boiled oatmeal gruel. Meat, for a few days, ought not to be eaten; and stimulants of all kinds must be avoided.

If the diarrhea be attended with pain in the bowels, a flannel bag filled with hot table-salt, and then applied to the part affected, will afford great relief. A hot-water bag, too, in a case of this kind, is a great comfort. The patient ought, as soon as the diarrhea has disappeared, gradually to return to her usual diet, provided it be plain, wholesome, and nourishing. She should pay particular attention to keeping her feet warm and dry; and, if she

be much subject to diarrhea, she ought to wear around her bowels, and next to her skin, a broad flannel belly-band.

Heartburn is a common and often a distressing symptom of pregnancy. The acid producing the heartburn is frequently much increased by an overloaded stomach. The patient labors under the mistaken notion that, as she has two to sustain, she requires more food during this than at any other time; she consequently is induced to take more than her appetite demands, and more than her stomach can digest;—hence heartburn, indigestion, etc., are caused, and her unborn babe, as well as herself, is thereby weakened.

An abstemious diet ought to be strictly observed. Great attention should be paid to the *quality* of the food; greens, pastry, hot buttered toast, melted butter, and everything that is rich and gross, ought to be carefully avoided.

Either a teaspoonful of Henry's magnesia, or half a teaspoonful of carbonate of soda—the former to be preferred if there be constipation—should occasionally be taken in a wineglassful of warm water. If these do not relieve—the above directions as to diet having been strictly attended to—the following mixture ought to be tried:

Take of—Sesquicarbonate of Ammonia, half a drachm;
Bicarbonate of Soda, a drachm and a half;
Water, eight ounces:
To make a mixture. Two tablespoonfuls to be taken twice or three times a day, until relief be obtained.

Chalk is sometimes given in heartburn, but as it produces costiveness, it ought not in such a case to be used.

Piles are a common attendant upon pregnancy. They are small, soft, spongy, dark-red tumors, about the size

either of a bean or of a cherry—they are sometimes as large as a walnut—and are either within or around the fundament; they are then, according to their situation, called either *internal* or *external* piles—they may be either *blind* or *bleeding*. If the latter, blood may be seen to exude from them, and blood will come away every time the patient has a stool; hence the patient ought to be as quick as possible over relieving her bowels, and should not at such times sit one moment longer than is absolutely necessary.

When the pile or piles are very large, they sometimes, more especially when she has a motion, drag down a portion of the bowel, which adds much to her sufferings.

If the bowel should protrude, it ought, by means of the patient's index finger, to be immediately and carefully returned, taking care, in order that it may not scratch the bowel, that the nail be cut close.

Piles are very painful and are exceedingly sore, and cause great annoyance, and frequently continue, notwithstanding proper and judicious treatment, during the whole period of pregnancy.

A patient is predisposed to piles from the womb pressing upon the blood-vessels of the fundament. They are excited into action by her neglecting to keep her bowels gently opened, or by diarrhea, or from her taking too strong purgatives, especially pills containing either aloes or colocynth, or both.

If the piles be inflamed and painful, they ought, by means of a sponge, to be well fomented three times a day, and for half an hour each time, with hot chamomile and poppy-head tea; and at bedtime a hot white-bread poultice should be applied.

Every time after and before the patient has a motion she had better anoint the piles and the fundament with the following ointment:

Take of—Camphor (powdered by means of a few drops of Spirits of Wine), half a drachm;
Prepared Lard, two ounces:
Mix.—To make an ointment.

If there be great irritation and intense pain, let some very hot water be put into a close stool, and let the patient sit over it. "In piles attended with great irritation and pain, much relief is often obtained by sitting over the steam of hot water for fifteen or twenty minutes, and immediately applying a warm bread-and-milk poultice. These measures should be repeated five or six times a day (Greves)."

If the heat be not great, and the pain be not intense, the following ointment will be found efficacious:

Take of—Powdered Opium, one scruple;
Camphor (powdered by means of a few drops of Spirits of Wine), half a drachm;
Powdered Galls, one drachm;
Spermaceti Ointment, three drachms:
Mix.—The ointment to be applied to the piles three times a day. Or the compound Gall Ointment (B.P.) may, in the same manner, be applied.

If the heat and the pain be great, the following liniment will be found useful:

Take of—French Brandy,
Glycerin, of each, half an ounce:
Mix.—The liniment to be frequently applied, by means of a camel's-hair pencil, to the piles, first shaking the bottle.

The bowels ought to be kept gently and regularly opened, either by taking every morning one or two tea-

spoonfuls of compound confection of senna, or by a dose of the following electuary:

Take of—Sublimed Sulphur, half an ounce;
Powdered Ginger, half a drachm,
Cream of Tartar, half an ounce;
Confection of Senna, one ounce;
Simple Syrup, a sufficient quantity
To make an electuary. One or two teaspoonfuls to be taken early every morning.

Magnesia and milk of sulphur is an excellent remedy for piles:

Take of—Carbonate of Magnesia,
Milk of Sulphur, of each, three drachms:
Mix.—To make nine powders. One to be taken early every, or every other, morning, mixed in half a teacupful of new milk.

Remember, in these cases, it is necessary to keep the motions in a *softened* state, as *hard* lumps of stool would, in passing, give intense pain.

If the confection of senna and the other remedies do not act sufficiently, it may be well to give, once or twice a week, a teaspoonful or a dessertspoonful of castor oil.

In piles, if they are not much inflamed, and provided there be constipation, a pint of tepid water, administered early every morning as an enema, will be found serviceable. Care and gentleness ought, of course, to be observed in introducing the enema-pipe (but which only requires ordinary care,) in order not to press unduly on the surrounding piles.

The patient ought to lie down frequently in the day. She will derive great comfort from sitting either on an air-cushion or on a water-cushion about half filled with water, placed on the chair; for sometimes she is unable to sit on an ordinary seat.

In piles, the patient ought to live on a plain, nourishing, simple diet, but should avoid all stimulants; any food or beverage that will inflame the blood will likewise inflame the piles.

Piles in pregnancy are frequently troublesome and sometimes resist all treatment until the patient is confined, when they generally get well of themselves; but still the remedies recommended above will usually afford great relief, even if they do not effect a cure.

Swollen legs from enlarged veins (*varicose veins*).—The veins are frequently much enlarged and distended, causing the legs to be greatly swollen and very painful, preventing the patient from taking proper walking exercise. Swollen legs are owing to the pressure of the womb upon the blood-vessels above. Women who have had large families are more liable to varicose veins than others. If a lady marry late in life, or if she be very heavy in her pregnancy—carrying the child low down—she is more likely to have the veins to distend.

The best plan will be for her to wear an elastic silk stocking, which ought to be made on purpose for her, in order that it may properly fit the leg and foot. It will draw on like a common stocking. She ought to wear a *gauze* stocking next the skin, and the *elastic* stocking over it, as the gauze stocking can then, from time to time, be washed, as can likewise the foot and leg. Moreover, the gauze stocking will be more comfortable next the skin than the elastic stocking.

If the varicose veins should be very painful, she had better apply to a medical man, as it may be necessary, in such a case, to have them enveloped in mild plasters, and then rolled.

If the feet and legs be cold as well as swollen, a *domette** bandage, two inches and a half wide and eight yards long, nicely applied to each leg, from the toes to the knee, will be found a great comfort. One great advantage that domette has over calico is that it will keep in its place for days, while calico will be loose in an hour or two.

Stretching of the skin of the belly is frequently, especially in a first pregnancy, distressing from the soreness it causes. The best remedy is to rub the bowels, every night and morning, with warm camphorated oil, and to apply a broad flannel belt, which should be put on moderately but comfortably tight. The belt ought to be secured in its situation by means of properly adjusted tapes.

If the skin of the belly, from the violent stretching, *be cracked*, the patient had better dress the part affected, every night and morning, with equal parts of simple cerate and of lard—lard without salt—well mixed together, spread on lint; which ought to be kept in its place by means of a broad bandage, similar to the one used in confinements, and which is described in a subsequent paragraph (*Bandage after Confinement.*)

Pendulous belly.—A lady sometimes, from being at these times unusually large, suffers severely; so much so, that she can not, without experiencing great inconvenience, move about. This, where a patient is stout, and where she has had a large family of children, is more likely to occur, and especially if she has neglected proper bandaging after her previous confinements.

She ought in such a case to procure, from a surgical instrument-maker, an elastic abdominal belt, made pur-

* *Domette* is a mixture of flannel and cotton. One of good quality should be used for the purpose.

posely for pendulous bellies, which will, without unduly pressing on the belly, be a support. It is a good plan to nave the belt made either to lace behind or with straps and buckles, in order to accommodate the belly to its gradually-increasing size.

If the patient be delicate, and if she has a languid circulation, she ought, instead of the elastic belt, to apply a broad flannel belly-band, which should go twice around the bowels, and must be put on moderately and comfortably tight.

The patient, *before the approach of labor*, ought to take particular care to have the bowels *gently* opened, as during that time a costive state of them greatly increases her sufferings, and lengthens the period of her labor. I say a *gentle* action is all that is necessary; a *violent* one would do more harm than good.

Toothache is a frequent complaint of pregnancy; and I wish to caution my gentle reader not to have, during the time she is *enceinte*, a tooth extracted; miscarriage or premature labor has frequently followed the extraction of a tooth.

If the tooth be decayed, the hollow ought to be filled with cotton wool, soaked either in oil of cloves, or in equal parts of oil of cloves and of chloroform, and which should be frequently renewed; or with what I have found an excellent remedy, a little alum dissolved in chloroform. A bit of cotton wool placed in the ear of the affected side will oftentimes relieve the toothache arising from a decayed tooth. This simple remedy ought always to be tried before resorting to more active treatment. If the above remedies do not relieve, soak a small ball of cotton wool in chloroform, and insert it inside the ear, and let it remain

MAN'S STRENGTH. THE VENOUS SYSTEM.

there until the pain be relieved; let it be from time to time renewed. I have frequently found in toothache the above plan most efficacious, and to afford relief when other means have failed.

Creosote (spirits of tar) is sometimes applied, but of all remedies it is the worst for the purpose. I have known it, when thus used, severely injure and decay the whole of the remaining teeth: one case in particular I remember, of a gentleman who, by the frequent use of creosote, for the relief of toothache, lost the whole of his teeth!

If the teeth be not decayed, especially if the stomach be disordered, let an aperient be taken. The state of the bowels ought always to be attended to, as toothache is frequently relieved, and where the tooth is not decayed, cured by a dose of opening medicine. Let the sides of the face be well fomented with hot chamomile and poppy-head tea, and let a piece of crumb of bread (but not crumbed bread) be soaked for five minutes in boiling milk, and be frequently placed inside the mouth, between the cheek and gum; and let a large hot bread poultice be applied at bedtime to the outside of the face.

If the above does not have the desired effect, a piece of brown paper, the size of the palm of the hand, soaked in brandy, and then well peppered with black pepper, should be applied outside the cheek, over the part affected, and kept on for several hours. It ought from time to time to be renewed. This simple and old-fashioned remedy will sometimes afford great relief. It is in these cases preferable to a mustard poultice, as it is less painful, and neither blisters nor injures the skin.

If the pepper plaster does not afford relief, a ginger plaster should be tried:

Take of—Powdered Ginger,
Flour, of each, one tablespoonful;
Water, a sufficient quantity:
To be well mixed together, adding the water drop by drop (stirring it the while) until it be of the consistence of paste. Let it be applied at bedtime, on linen rag, *outside* the cheek, and let it remain on all night, or until the pain be relieved.

If the tooth be not decayed, and if the pain of the face be more of a neuralgic (tic douloureux) character, the following pills will frequently afford great relief:

Take of—Sulphate of Quinine, twenty-four grains;
Powdered Extract of Liquorice, six grains;
Treacle, a sufficient quantity:
To make twelve pills. One to be taken three times a day.

The teeth, in pregnancy, are very apt to decay: I have known several patients, each of whom has lost a tooth with every child!

Morning sickness.—It is said to be "morning," as in these cases, unless the stomach be disordered, it seldom occurs during any other part of the day. Morning sickness may be distinguished from the sickness of a disordered stomach by the former occurring only early in the morning, on the first sitting up in bed, the patient during the remainder of the day feeling quite free from sickness, and generally being able to eat and relish her food as though nothing ailed her.

Morning sickness begins with a sensation of nausea *early* in the morning, and as soon as she rises from bed she feels sick and retches; and sometimes, but not always, vomits a little sour, watery, glairy fluid; and occasionally, if she has eaten heartily at supper the night previously, the contents of the stomach are ejected. She then feels all right again, and is usually ready for her breakfast,

which she eats with her usual relish. Many ladies have better appetites during pregnancy than at any other period of their lives.

The sickness of a disordered stomach unaccompanied with pregnancy may be distinguished from morning sickness by the former continuing during the whole day, by the appetite remaining bad after the morning has passed, by a disagreeable taste in the mouth, and by the tongue being generally furred. Moreover, in such a case there is usually much flatulence. The patient not only feels but looks bilious.

If the stomach be disordered during pregnancy, there will, of course, be a complication of the symptoms, and the morning sickness may become both day and night sickness. Proper means ought then to be employed to rectify the disordered stomach, and the patient will soon have only the morning sickness to contend against; which latter, after she has quickened, will generally leave of its own accord.

Morning sickness is frequently a distressing, although not a dangerous complaint. It is only distressing while it lasts, for after the stomach is unloaded, the appetite generally returns, and the patient usually feels, until the next morning, quite well again, when she has to go through the same process as before.

It occurs both in the early and in the latter months of pregnancy; more especially during the former, up to the period of quickening, *at which time it usually ceases.* Morning sickness is frequently the *first* harbinger of pregnancy, and is looked upon by many ladies who have had children as a sure and certain sign. Morning sickness does not always occur in pregnancy; some women, at such times, are neither sick nor sorry.

A good way to relieve it is by taking, *before rising in the morning*, a cup of strong coffee. If this should not have the desired effect, she ought to try an effervescing draught.

Take of—Bicarbonate of Potash, one drachm and a half;
Water, eight ounces:
Two tablespoonfuls of this mixture to be taken with one of lemon-juice every hour, while effervescing, until relief be obtained.

A glass of champagne, taken the over-night, I have sometimes found to be the best remedy, and, if it has the desired effect, it certainly is the most agreeable.

I have known, too, cider, where other things have failed, to succeed in abating morning sickness.

Sometimes, until the whole contents of the stomach be brought up, she does not obtain relief from her sickness. She had better, when such is the case, drink *plentifully of warm* water, in order to encourage free vomiting. Such a plan, of course, is only advisable when the morning sickness is *obstinate*, and when the treatment recommended above has failed to afford relief.

The morning sickness, during the early months, is caused by sympathy between the stomach and the womb; and during the latter months by pressure of the upper part of the womb against the stomach. As we can not remove the sympathy and the pressure, we can not always relieve the sickness; the patient, therefore, is sometimes obliged to bear with the annoyance.

The bowels ought to be kept gently opened, either by a Seidlitz powder taken early in the morning, or by one or two compound rhubarb pills at bed-time, or by the following mixture:

Take of—Carbonate of Magnesia, two drachms;
Sulphate of Magnesia, one ounce;

Peppermint-water, seven ounces:
A wineglassful of this mixture to be taken early in the morning, occasionally, first shaking the bottle.

Great attention ought, in such a case, to be paid to the diet; it should be moderate in quantity, and simple in quality. Rich dishes, highly-seasoned soups, and melted butter must be avoided. Hearty meat suppers ought not, on any account, to be allowed. There is nothing better, if anything be taken at night, than either a teacupful of nicely-made and well-boiled oatmeal gruel, or of arrow-root, or of Arabica revalenta. Any of the above may be made either with water, or with new milk, or with cream and water.

It is an old saying, and, I believe, as a rule, a true one, "that sick pregnancies are safe," more especially if the sickness leaves, which it generally does, after she has quickened. The above remarks, of course, do not include obstinate, inveterate vomiting, occasionally occurring in the *latter* period of pregnancy, and which not only takes place in the morning, but during the whole of the day and of the night, and for weeks together, sometimes bringing a patient to the brink of the grave. Such a case, fortunately, is extremely rare. Another old and generally true saying is, "that females who have sick pregnancies seldom miscarry."

Means to harden the nipples.—A mother, especially with her first child, sometimes suffers severely from sore nipples. Such suffering may frequently be prevented, if for six weeks or two months before her confinement she were to bathe her nipples, every night and morning, for five minutes each time, either with *eau de Cologne*, or with brandy and water, equal parts of each. The better plan

will be to have the brandy and water in a small bottle ready for use, and putting a little each time into a teacup, using it fresh and cool. A soft piece of fine old linen rag should be used for the purpose of bathing. All pressure ought to be taken from the nipples; if the stays, therefore, unduly press them, either let them be enlarged or let them be entirely removed. The nipples themselves ought to be covered with a soft linen rag, as the friction of a flannel vest would be apt to irritate them. Let me recommend every pregnant lady, *more especially in her first pregnancy*, to adopt either the one or the other of the above plans to harden the nipples; it might avert much misery, as sore nipples are painful and distressing; and prevention at all times is better than cure.

The *breasts are*, at times, during pregnancy, *much swollen and very painful;* and, now and then they cause the patient great uneasiness, as she fancies that she is going to have either some dreadful tumor or a gathering of the bosom. There need, in such a case, be no apprehension. The swelling and the pain are the consequences of the pregnancy, and will, in due time, subside without any unpleasant result. The fact is, great changes are taking place in the breasts; they are developing themselves, and are preparing for the important functions they will have to perform the moment the labor is completed.

Treatment.—She can not do better than, every night and morning, to well rub them with equal parts of *eau de Cologne* and of olive oil, and to wear a piece of new flannel over them; taking care to cover the nipples with soft linen, as the friction of the flannel may irritate them. The liniment encourages a little milky fluid to ooze out of the nipple, which will afford relief.

If stays be worn, the patient should wear them slack, in order to allow the bosoms plenty of room to develop themselves. The bones of the stays ought all to be removed, or serious consequences might ensue.

Bowel complaints, during pregnancy, are not unfrequent. A dose either of rhubarb and magnesia, or of castor oil, are the best remedies, and are generally, in the way of medicine, all that is necessary.

The diet at such times ought to be simple, small in quantity, and nourishing. Farinaceous food, such as rice, tapioca, sago, Du Barry's Arabica revalenta and arrowroot, are particularly beneficial. Green vegetables and fruits, especially stone-fruits, and uncooked fruits, ought to be avoided.

The surface of the body—the bowels and feet particularly—ought to be kept warm. If a lady suffer habitually from relaxation of the bowels, let her, by all means, wear a flannel vest next the skin.

The bladder.—The patient during pregnancy is liable to various affections of the bladder. There is sometimes a *sluggishness* of that organ, and she has little or no inclination to make water. There is, at other times, a great *irritability* of the bladder, and she is constantly wanting to pass urine; while in a third case, more especially toward the latter period of the time, she can scarcely *hold her water* at all,—the slightest bodily exertion, such as walking, stooping, coughing, sneezing, etc., causing it to come away involuntarily; and even in some cases, where she is perfectly still, it dribbles away without her having any power to prevent it doing so.

A sluggish state of the bladder is best remedied by gen-

tle exercise, and by the patient attempting, whether she want or not, to make water at least every four hours.

Irritability of the bladder.—The patient ought, during the day, to drink freely of the following beverage:

Take of—Best Gum Arabic, one ounce;
Pearl Barley, one ounce;
Water, one pint and a half:
Boil for a quarter of an hour, then strain, and sweeten either with sugar candy or lump sugar.

The bowels ought to be gently opened with *small* doses of castor oil. The patient must abstain from beer, wine, or spirits, and should live on a mild, bland, nourishing diet.

Where the patient can not hold water there is not a great deal to be done, as the pregnant womb by pressing on the bladder prevents much relief. The comfort is, as soon as the labor is over, it will cure itself. She ought frequently in the day to lie down either on a horse-hair mattress or on a couch. She should drink but a moderate quantity of liquid, and if she has a cough (for a cough greatly increases this inability to hold the water) she ought to take the following mixture:

Take of—Compound Tincture of Camphor, half an ounce;
Compound Spirits of Lavender, half a drachm;
Oxymel of Squills, six drachms;
Water, six ounces and a half:
Two tablespoonfuls of this mixture to be taken three times a day.

Fainting.—A delicate woman, when she is *enceinte*, is apt either to feel faint or to actually faint away. When it is considered the enormous changes that, during pregnancy, take place, and the great pressure there is upon the nerves and the blood-vessels, it is not at all surprising

that she should do so. There is one consolation, that although fainting at such times is disagreeable, it is not at all dangerous, unless the patient be really laboring under a disease of the heart.

Treatment.—If the patient feel faint, she ought *immediately* to lie down flat upon her back, without a pillow under her head; that is to say, her head should be on a level with her body. The stays and any tight articles of dress—if she has been foolish enough to wear either tight stays or tight clothes—ought to be loosened; the windows should be thrown wide open; water ought to be sprinkled on her face; and sal-volatile—a teaspoonful in a wineglassful of water—or a glass of wine, ought to be administered. Smelling-salts must be applied to the nostrils. The attendants—there should only be one or two present—should not crowd around her, as she ought to have plenty of room to breathe.

She must, in the intervals, live on a good, light, generous diet. She should keep early hours, and ought to sleep in a well-ventilated apartment. The following strengthening medicine will be found serviceable:

Take of—Sulphate of Quinine, twelve grains;
Diluted Sulphuric Acid, half a drachm;
Syrup of Orange-peel, half an ounce;
Water, seven ounces and a half:
Two tablespoonfuls of the mixture to be taken three times a day.

If she be delicate, a change either to the country, or, if the railway journey be not too long, to the coast, will be desirable.

A nervous patient during this period is subject to *palpitation of the heart.* This palpitation, provided it occur only during pregnancy, is not dangerous; it need there-

fore cause no alarm. It is occasioned by the pressure of the pregnant womb upon the large blood-vessels, which induces a temporary derangement of the heart's action. This palpitation is generally worse at night, when the patient is lying down. There is, at these times, from the position, greater pressure on the blood-vessels. Moreover, when she is lying down, the midriff, in consequence of the increased size of the belly, is pressed upward, and hence the heart has not its accustomed room to work in, and palpitation is in consequence the result.

The best remedies will be either half a teaspoonful of compound spirits of lavender or a teaspoonful of sal-volatile in a wineglassful of camphor julep,* or a combination of lavender and of sal-volatile:

Take of—Compound Spirits of Lavender, one drachm;
Sal-Volatile, eleven drachms:
Mix.—A teaspoonful of the drops to be taken occasionally in a wineglassful of water.

These medicines ought to lie on a table by the bedside of the patient, in order that they may, if necessary, be administered at once. Brandy is in these cases sometimes given, but it is a dangerous remedy to administer *every* time there is palpitation; while the lavender and the sal-volatile are perfectly safe medicines, and can never do the slightest harm.

Mental emotion, fatigue, late hours, and close rooms ought to be guarded against. Gentle out-door exercise, and cheerful but not boisterous company are desirable.

Cramps of the legs and of the thighs during the latter

* Camphor julep may be made by putting a few lumps of camphor in a wide-mouthed bottle of cold water; cork it up, and let it stand for a few days; then strain it, sweeten it with lump sugar, and it will be fit for use.

period, and especially at night, are apt to attend pregnancy, and are caused by the womb pressing upon the nerves which extend to the lower extremities. *Treatment.*—Tightly tie a handkerchief folded like a neckerchief round the limb a little above the part affected, and let it remain on for a few minutes. Friction by means of the hand either with opodeldoc or with laudanum (*taking care not to drink it by mistake*) will also give relief. Cramp sometimes attacks either the bowels or the back of a pregnant woman; when such is the case, let a bag of hot salt, or a hot-water bag, or a tin stomach-warmer filled with hot water and covered with flannel, or a stone bottle containing hot water, wrapped in flannel, be applied over the part affected; and let either a stone bottle of hot water or a hot brick, which should be incased in flannel, be placed to the soles of the feet. If the cramp of the bowels, of the back, or of the thighs, be very severe, the following mixture will be serviceable:

Take of—Compound Tincture of Camphor, one ounce;
Dill Water, five ounces:
A wineglassful of this mixture to be taken at bedtime occasionally and to be repeated, if necessary, in four hours.

"*The whites*," during pregnancy, especially during the latter months, and particularly if the lady has had many children, are frequently troublesome, and are, in a measure, owing to the pressure of the womb on the parts below causing irritation. The best way, therefore, to obviate such pressure, is for the patient to lie down a great part of each day either on a bed or on a sofa.

She ought to retire early to rest; she should sleep on a horse-hair matress and in a well-ventilated apartment, and she must not overload her bed with clothes. A thick,

heavy quilt at these times, and indeed at all times, is particularly objectionable; the perspiration can not pass readily through it as through blankets, and thus she is weakened. She ought to live on plain, wholesome, nourishing food; but she must abstain from beer and wine and spirits. The bowels ought to be gently opened by means of a Seidlitz powder, which should occasionally be taken early in the morning.

The best application will be to bathe the parts with warm fuller's earth and water, in the proportion of a handful of *powdered* fuller's earth to half a wash hand-basinful of warm water; and the *internal* parts ought, night and morning, to be bathed with it. If the fuller's earth should not have the desired effect, an alum injection* ought, every night and morning, by means of an India-rubber vaginal syringe, to be syringed up the parts; or fifteen drops of solution of diacetate of lead should be added to a quarter of a pint of lukewarm water, and be used in a similar manner as the alum injection.

Cleanliness, in these cases, can not be too strongly urged. Indeed, every woman, either married or single, ought, unless special circumstances forbid, to use either the bidet or a sitz-bath. If she has *not* the "whites," or if she has them only slightly, *cold*, quite cold water is preferable to tepid. I should advise, then, *every* lady, both married and single, whether she has the "whites" or not, a regular sitz-bath *every morning* (except during her "poorly times")—that is to say, I should recommend her to sit every morning in the water (in cold water) for a few seconds, or while she can count a hundred; throw-

* Dissolve half a teaspoonful of powdered alum in a quarter of a pint of tepid water, to make the injection.

ing the while either a small blanket or shawl over her shoulders, but having no other clothing on except slippers on her feet. She should, for the first few mornings, make the water lukewarm; but the sooner she can use it cold—quite cold—the more good it will do her.

If the above plan were more generally followed, women of all classes and ages would derive immense benefit from its adoption, and many serious diseases would be warded off. Besides, the use of the sitz-bath, after a time, would be a great comfort and enjoyment.

Where a lady suffers severely from the "whites," she ought to visit the coast. There is nothing in such cases that generally affords so much relief as the bracing effects of sea air. Of course, if she be pregnant, she ought not to bathe in the sea, but should, every night and morning, bathe the external parts with sea-water.

When the patient has been much weakened by the "whites," she will derive benefit from a quinine mixture—a dose of which ought to be taken twice or three times a day.

Irritation and itching of the external parts.—This is a most troublesome affection, and may occur at any time, but more especially during the latter period of the pregnancy; and as it is a subject that a lady is too delicate and too sensitive to consult a medical man about, I think it well to lay down a few rules for her relief. The misery it entails, if not relieved, is almost past endurance.

Well, then, in the first place, let her diet be simple and nourishing; let her avoid stimulants of all kinds. In the next place, and this is a most important item of treatment, let her use a tepid salt and water sitz-bath.

The way to prepare the bath is to put a large handful

of table-salt into the sitz-bath, then to add *cold* water to the depth of three or four inches, and sufficient *hot* water to make the water *tepid* or *lukewarm*. The patient must sit in the bath; her slippered feet being, of course, out of the water, and on the ground, and either a woolen shawl or a small blanket being thrown over her shoulders: which shawl or blanket ought to be the only covering she has on the while. She should remain only for a few seconds, or while she can count, in the winter, fifty, or the summer, a hundred, in the bath. Patients generally derive great comfort and benefit from these salt and water sitz-baths.

If the itching, during the daytime, continue, the following lotion ought to be used:

Take of—Solution of Diacetate of Lead, one drachm;
Rectified Spirits of Wine, one drachm;
Distilled water, one pint:
To make a lotion. The parts affected to be bathed three or four times a day with the lotion. Or the parts may be bathed two or three times a day with equal parts of vinegar and water.

The external parts, and the passage to the womb (the vagina) in these cases, are not only *irritable* and *itching*, but are sometimes *hot* and *inflamed*, and *are covered either with small pimples*, or *with a whitish exudation* of the nature of *aphtha* (thrush), somewhat similar to the thrush on the mouth of an infant; then the addition of glycerin to the lotion is a great improvement, and usualy gives immense relief. Either of the following is a good lotion for the purpose:

Take of—Biborate of Soda, eight drachms;
Glycerin, five ounces;
Distilled water, ten ounces:
To make a lotion. The part affected to be bathed every four hours with the lotion, first shaking the bottle.

Or,

Take of—Solution of Diacetate of Lead,
Rectified Spirits of Wine, of each, one drachm;
Glycerin, five ounces;
Rose Water, ten ounces and a half:
To make a lotion. To be used in the same manner as the preceding one.

MISCARRIAGE.

If a premature expulsion of the child occur before the end of the seventh month, it is called either a *miscarriage* or an *abortion;* if between the seventh month and before the *full* period of nine months, a *premature labor.*

There is a proneness for a young wife to miscarry, and wo betide her, if she once establish the *habit!* for it, unfortunately, often becomes a habit. A miscarriage is a serious calamity, and should be considered in that light; not only to the mother herself, whose constitution frequent miscarriages might seriously injure, and eventually ruin, but it might rob the *wife* of one of her greatest earthly privileges—the inestimable pleasure and delight of being a *mother!*

Now, as a miscarriage may *generally* be prevented, it behooves a wife to look well into the matter, and to study the subject thoroughly for herself, in order to guard against her *first* miscarriage; for the *first* miscarriage is the one that frequently leads to a *series.* How necessary it is that the above important fact should be borne in mind! How much misery might be averted; as, then, means would, by avoiding the usual causes, be taken to ward off such an awful calamity. I am quite convinced that, in the majority of cases, miscarriages may be prevented.

Hence the importance of a *popular* work of this kind,

to point out dangers, to give judicious advice, that a wife may read, ponder over, and "inwardly digest," and that she may see the folly of the present practices that wives—young wives especially—usually indulge in, and thus, that she may avoid the rocks they split on, which make a shipwreck of their most cherished hopes and treasures!

Let it then be thoroughly understood,—first, that a miscarriage is very weakening—more weakening than a labor; and, secondly, that if a lady has once miscarried, she is more likely to miscarry again and again; until, at length, her constitution is broken, and the chances of her having a child become small indeed!

Causes.—A slight cause will frequently occasion the separation of the child from the mother, and the consequent death and expulsion of the fœtus; hence the readiness with which a lady sometimes miscarries. The following are the most common causes of a young wife miscarrying: Taking *long* walks; riding on horseback; or over rough roads in a carriage; a *long* railway journey; overexerting herself, and sitting up late at night. Her mind, just after marriage, is frequently too much excited by large parties, by balls, and concerts.

The following are, moreover, frequent causes of a miscarriage: Falls; all violent emotions of the mind—passion, fright, etc.; fatigue; overreaching; sudden shocks; taking a wrong step either in ascending or in descending stairs falling down stairs; lifting heavy weights; violent drastic purgatives; calomel; obstinate constipation; debility of constitution; consumptive habit of body; fashionable amusements; dancing; late hours; tight lacing; indeed, anything and everything that injuriously affects either the mind or the body.

The old maxim that "prevention is better than cure" is well exemplified in the case of a miscarriage. Let me, then, appeal strongly to my fair reader to do all that she can, by avoiding the usual causes of a miscarriage which I have above enumerated, to prevent such a catastrophe. A miscarriage is no trifling matter; it is one of the most grievous accidents that can occur to a wife, and is truly a catastrophe.

Threatening or warning symptoms of a miscarriage.—A lady about to miscarry, usually, for one or two days, experiences a feeling of lassitude, of debility, of *malaise*, and depression of spirits; she feels as though she were going to be taken "poorly;" she complains of weakness and of uneasiness about the loins, the hips, the thighs, and the lower part of the belly. This is an important stage of the case, and one in which a judicious medical man may, almost to a certainty, be able to stave off a miscarriage.

More serious, but still only threatening symptoms of a miscarriage.—If the above symptoms are allowed to proceed, unchecked and untended, she will, after a day or two, have a slight show of blood; this show may soon increase to a flooding, which will shortly become clotted. Then, perhaps, she begins for the first time to dread a miscarriage! There may at this time be but little pain, and the miscarriage *might*, with judicious treatment, be even now warded off. At all events, if the miscarriage can not be prevented, the ill effects to her constitution may, with care, be palliated, and means may be used to prevent a future miscarriage.

Decided symptoms of a miscarriage.—If the miscarriage be still proceeding, a new train of symptoms develop themselves; pains begin to come on, at first slight, irregular,

and of a "grinding" nature, but which soon become more severe, regular, and "bearing down." Indeed, the case is now a labor in miniature; it becomes *le commencement de la fin;* the patient is sure to miscarry, as the child is now dead, and separated from its connection with the mother.

The most usual time for a lady to miscarry is from the eighth to the twelfth week. It is not, of course, confined to this period, as during the whole time of pregnancy there is a chance of a premature expulsion of the contents of the womb. A miscarriage *before* the fourth month, is *at the time* attended with little danger; although, if neglected, it may *forever* injure the constitution.

There is, in every miscarriage, more or less of flooding, which is *the* most important symptom. *After* the fourth month, it is accompanied with more risk; as the further a lady is advanced in her pregnancy, the greater is the danger of *increased* flooding; notwithstanding, under judidicious treatment, there is every chance of her doing well.

A medical man ought in such a case always to be sent for. There is as much care required in a miscarriage as, or more than, in a labor.

If bearing down, expulsive pains—similar to labor-pains—should accompany the flooding; if the flooding increase, and if large clots come away; if the breasts become smaller and softer; if there be coldness, and heaviness, and diminution in the size of the belly; if the motion of the child (the patient having quickened) can not be felt; if there be "the impression of a heavy mass rolling about the uterus [womb], or the falling of the uterine tumor from side to side in the abdomen [belly] as the patient changes her position;" and if there be an unpleasant

discharge, she may rest assured that the child is dead, and that it is separated from all connection with her, and that the miscarriage *must* proceed, it being only a question of time. Of course, in such a case—if she has not already done so—she ought *immediately* to send for a medical man. A miscarriage sometimes begins and ends in a few days—five or six; it at other times continues a fortnight, and even in some cases three weeks.

Treatment.—If the patient has the slightest "show," she ought immediately to confine herself either to a sofa or she should keep in bed. A soft feather bed must be avoided; it both enervates the body and predisposes to a miscarriage. There is nothing better for her to sleep on than a horse-hair mattress. She either ought to lie flat upon her back or should lie upon her side, as it is quite absurd for her merely to rest her legs and feet, as it is the back and the belly, not the feet and the legs, that require rest.

Let her put herself on a low diet, such as on arrowroot, tapioca, sago, gruel, chicken-broth, tea, toast and water, and lemonade; and whatever she does drink ought, during the time of the miscarriage, to be cold. Grapes, at these times, are cooling and refreshing.

The temperature of the bed-room should be kept cool; and, if it be summer, the window ought to be thrown open; aperient medicines *must* be avoided; and if the flooding be violent, cold water should be applied externally to the parts.

Let me strongly urge upon the patient the vast importance of preserving *any* and every substance that might come away, in order that it may be carefully examined by the medical man.

It is utterly impossible for a doctor to declare positively that a lady has miscarried, and that all has properly come away, if he have not had an opportunity of examining the substances for himself. How often has a lady declared to her medical man that she has miscarried, when she has only parted with clots of blood! Clots sometimes put on strange appearances, and require a practiced and professional eye to decide at all times upon what they really are.

The same care is required *after a miscarriage* as after a labor; indeed, a patient requires to be treated much in the same manner—that is to say, she ought for a few days to keep her bed, and should live upon the diet I have recommended after a confinement, avoiding for the first few days stimulants of all kinds. Many women date their ill state of health to a *neglected* miscarriage; it, therefore, behooves a lady to guard against such a catastrophe.

A patient prone to miscarry, ought, *before* she become pregnant again, to use every means to brace and strengthen her system. The best plan she can adopt will be TO LEAVE HER HUSBAND FOR SEVERAL MONTHS, and go to some healthy spot; neither to a fashionable watering-place nor to a friend's house where much company is kept, but to some quiet country place; if to a healthy farm-house, so much the better.

Early hours are quite indispensable. She ought to lie on a horse-hair mattress, and should have but scant clothing on her bed. She must sleep in a well-ventilated apartment. Her diet should be light and nourishing. *Gentle* exercise ought to be taken, which should alternate with frequent rest.

Cold ablutions ought every morning to be used, and the body should be afterward dried with a coarse cloth. If

it be winter let the water be made tepid, and let its temperature be gradually lowered until it be used quite cold. A shower-bath is, in these cases, serviceable; it braces and invigorates the system, and is one of the best tonics that she can use.

If she be already pregnant it would not be admissible, as the shock of the shower-bath would be too great, and may bring on a miscarriage; but still *she ought to continue the cold ablutions.*

A lady who is prone to miscarry, ought, *as soon as she is pregnant,* to lie down a great part of every day; she must keep her mind calm and unruffled; she should live on a plain diet; she ought to avoid wine and spirits and beer; she should retire early to rest, *and she must have a separate sleeping apartment.* She ought as much as possible to abstain from taking opening medicine; and if she be actually obliged to take an aperient—for the bowels must not be allowed to be constipated—she should select the mildest (such as either castor oil or lenitive electuary or syrup of senna), and even of these she ought not to take a larger dose than is absolutely necessary, as a *free* action of the bowels is a frequent cause of a miscarriage.

The *external* application of castor oil as a liniment, and as recommended at page 207, is a good and safe remedy for a patient prone to miscarry; and if sufficiently active, is far preferable to the mildest aperient. Another great advantage of the *external* application of castor oil is—it does not afterward produce constipation as the *internal* administration of castor oil is apt to do. If the *external* application of castor oil in the manner advised at page 207 should not have the desired effect, then an enema—a

clyster of warm water, a pint—ought, in the morning, two or three times a week to be administered.

Gentle walking exercise daily is desirable; *long* walks and horseback exercise ought to be sedulously avoided. A trip to the coast, provided the railway journey be not very long, would be likely to prevent a miscarriage; although I would not, on any account, recommend such a patient either to bathe or to sail on the water, as the shock of the former would be too great, and the motion of the vessel and the sea-sickness would be likely to bring on what we are anxious to avoid.

As the *usual* period for miscarrying approaches (for it frequently comes on at one particular time), let the patient be more than usually careful; let her lie down the greatest part of the day; let her mind be kept calm and unruffled; let all fashionable society and every exciting amusement be eschewed; let both the sitting and the sleeping apartments be kept cool and well ventilated; let the bowels (if they be costive) be opened by an enema (if the *external* application of castor oil, as before recommended, be not sufficient); let the diet be simple and yet be nourishing; let all stimulants, such as beer, wine, and spirits, be at this time avoided; and if there be the *slightest* symptoms of an approaching miscarriage, such as pains in the loins, in the hips, or in the lower belly, or if there be the slightest show of blood, let a medical man be *instantly* sent for, as he may, at an early period, be able to ward off the threatened mishap.

FALSE LABOR PAINS.

A lady, especially in her first pregnancy, is sometimes troubled with *spurious labor pains;* these pains usually

come on at night, and are frequently owing to a disordered stomach. They affect the belly, the back, and the loins; and occasionally they extend down the hips and the thighs. They attack first one place and then another; they come on at irregular intervals; at one time they are violent, at another they are feeble. The pains, instead of being *grinding* or *bearing down*, are more of a colicky nature.

Now, as these false pains more frequently occur in a *first* pregnancy, and as they are often more violent two or three weeks toward the completion of the full time, and as they usually come on either at night or in the night, it behooves both the patient and the monthly nurse to be cognizant of the fact, in order that they may not make a false alarm and summon the doctor before he is wanted, and when he can not be of the slightest benefit to the patient.

It is sometimes stated that a woman has been in labor two or three weeks before the child was born! Such is not the fact. The case in question is one probably of *false* pains ending in *true* pains.

How, then, is the patient to know that the pains are false and not true labor pains? False labor pains come on three or four weeks *before* the full time; true labor pains *at* the completion of the full time; false pains are unattended with "show;" true pains generally commence the labor with "show;" false pains are generally migratory—changing from place to place—first attacking the loins, then the hips, then the lower portions, and even other portions of the belly—first one part, then another; true pains generally begin in the back; false pains commence as spasmodic pains; true pains as "grinding"

pains; false pains come on at uncertain periods, at one time a quarter of an hour elapsing, at others, an hour or two hours between each pain; at one time the pain is sharp, at another, trifling; true pains come on with tolerable regularity and gradually increase in severity.

But remember—the most valuable distinguishing symptom is the *absence* of "show" in false labor pains, and the *presence* of "show" in true labor pains. It might be said that "show" does not always usher in the commencement of labor. Granted; but such cases are exceedingly rare, and may be considered as the exception and not the rule.

Treatment.—A dose of castor oil is generally all that is necessary; but if the pains still continue, the patient ought to be abstemious, abstaining for a day or two from beer and from wine, and rubbing the bowels every night at bedtime either with camphorated oil, previously warmed, or with laudanum (taking care not to drink it by mistake). Either hot salt, in a flannel bag, or a hot-water bag applied every night at bedtime to the bowels, frequently affords great relief.

If the pains be not readily relieved, she ought to send for a medical man. A little appropriate medicine will soon have the desired effect.

These *false* labor pains might go on either for days, or even for weeks, and at length may terminate in *real* labor pains.

PERIOD OF GESTATION—THE "COUNT."

The period of gestation is usually* two hundred and

* I say *usually*, for the duration of gestation is very uncertain. Dr. Reid gives (in *The Lancet* of July 20, 1850) an interesting table of the duration of pregnancy. The table comprises 500 cases; out of which num-

eighty days—forty weeks—ten lunar or nine calendar months.

It will be well for a lady, in making her "count," to commence her "reckoning" about three days after the last day of her being "unwell." The reason we fix on a woman conceiving a few days after she has "ceased to be unwell" is that she is more apt to do so soon after menstruation than at any other time.*

A good plan to make the "reckoning" is as follows: Let forty weeks and a few days, from the time specified above, be marked on an almanac, and a lady will seldom be far from her calculation. Suppose, for instance, the last day of her "ceasing to be unwell" was on January the 15th, she may expect to be confined very near October 23d.

Another plan, and one recommended by Dr. Tanner, to

---

bers, nearly the half terminating in labor in the fortieth and forty-first weeks. The following is the order in which they occurred:

23	cases	in	the	. . .	37th	week.
48	"	"		. . .	38th	"
81	"	"		. . .	39th	"
131	"	"		. . .	40th	"
112	"	"		. . .	41st	"
63	"	"		. . .	42d	"
28	"	"		. . .	43d	"
8	"	"		. . .	44th	"
6	"	"		. . .	45th	"

The above is merely a summary of Dr. Reid's valuable table:

* We are informed by Jourdan and other French writers that Fernel acted on the knowledge of this fact when consulted by Henry II. of France as to the best means of rendering his queen, Catharine de Medicis, fruitful. He advised the king to visit her only immediately after the cessation of the menstrual discharge, the adoption of which advice was attended with success, and the queen, after years of disappointment, gave birth to a son.—*Dr. Montgomery.*

make the "count," is the following: "To effect this readily, we can not do better than follow the plan of most German obstetricians, who learn the probable day of delivery thus: The date of the last menstruation being given, they calculate three months backward, and add seven days. For example, suppose the 20th January to be the last day of the last menstrual period, labor will be due about the 27th October—*i. e.*, on the 280th day."

BEING OUT IN THE RECKONING.

A lady, sometimes, by becoming pregnant while she is suckling, is put out of her reckoning; not being unwell at such time, she consequently does not know how to "count." She ought, in a case of this kind, to reckon from the time that she quickens. That is to say, she must then consider herself nearly half-gone in her pregnancy, and to be within a fortnight of half her time; or, to speak more accurately, as soon as she has quickened, we have reason to believe that she has gone about one hundred and twenty-four days: she has therefore about one hundred and fifty-six more days to complete the period of her pregnancy. Suppose, for instance, that she first quickened on May the 17th, she may expect to be confined somewhere near October the 23d. She must bear in mind, however, that she can never make so correct a "count" from quickening (quickening takes place at such various periods) as from the last day of her being "unwell."

A lady is occasionally thrown out of her reckoning by the appearance, the first month after she is *enceinte*, of a little "show." This discharge does not come from the womb, as that organ is hermetically sealed; but from the upper part of the vagina, the passage to the womb, and

from the mouth of the womb, and may be known from the regular menstrual fluid by its being much smaller in quantity, by its clotting, and by its lasting generally but a few hours. This discharge, therefore, ought not to be reckoned in the "count," but the one before must be the guide, and the plan should be adopted as recommended in page 241.

"IS IT A BOY OR A GIRL?"

It has frequently been asked, "Can a medical man tell, before the child is born, whether it will be a boy or girl?" Dr. F. J. W. Packman, of Wimborne, answers in the affirmative. "Queen bees lay female eggs first, and male eggs afterward. In the human female, conception in the first half of the time between menstrual periods produces female offspring, and male in the latter. When a female has gone beyond the time she calculated upon, it will generally turn out to be a boy." It was well to say *generally*, as the foregoing remarks are not *invariably* to be depended upon, as I have had cases to prove. Notwithstanding, I believe that there is a good deal of truth in Mr. Packman's statement.

MONTHLY NURSE.

It is an important, a most important, consideration to choose a nurse rightly and well.

A monthly nurse ought to be middle-aged. If she be young, she is apt to be thoughtless and giggling; if she be old, she may be deaf and stupid, and may think too much of her trouble. She should have calmness and self-possession. She must be gentle, kind, good-tempered, and obliging, but firm withal, and she should have a cheerful

countenance. "Some seem by nature to have a vocation for nursing; others not. Again, nursing has its separate branches; some have the light step, the pleasant voice, the cheering smile, the dexterous hand, the gentle touch; others are gifted in cookery for the sick." The former good qualities are essential to a monthly nurse, and if she can combine the latter—that is to say, "if she is gifted in cookery for the sick"—she will, as a monthly nurse, be invaluable. Unless a woman have the gift of nursing, she will never make a nurse. "Dr. Thynne held that sick-nurses, like poets, were born, not made."

She ought neither to be a tattler, nor a tale-bearer, nor a "croaker," nor a "potterer." A tattler is an abomination; a clacking tongue is most wearisome and injurious to the patient. A tale-bearer is to be especially avoided; if she tell tales of her former ladies, my fair reader may depend upon it that her turn will come. But of all nurses to be shunned as the plague, is the "croaker," one that discourses of the dismal and of the dreadful cases that have occurred in her experience, many of which, in all probability, she herself was the cause of. She is a very upas-tree in a house. A "potterer" should be banished from the lying-in room; she is a perpetual worry—a perpetual blister! She is a nurse without method, without system, and without smartness. She potters at this, and potters at that, and worries the patient beyond measure. She dreams, and drawls, and "potters." It is better to have a brusque and noisy nurse than a pottering one—the latter individual is far more irritating to the patient's nerves, and is aggravating beyond endurance. "There is one kind of nurse that is not uncommon in hospitals (and in lying-in rooms), and that gives more trouble

and worry than all others together—viz: the 'pottering' nurse. Of all nuisances, defend us from a potterer. . . . The woman always has the very best intentions in the world, but is totally devoid of method and smartness. You never know when she has begun anything, and you certainly will never know when she has finished it. She never does finish it, but she sometimes leaves off. . . She seems incapable of taking in a complete and accurate idea of anything, and even while you are speaking to her it is easy to see that her attention can not be concentrated, and that her mind is flying about among half a dozen subjects. If she is in the least hurried, she loses what little intellect she ordinarily possesses, moans feebly in a *sotto voce* monotone, fetches the wrong articles, does the wrong thing at the wrong time, and is always in the way."

Some monthly nurses have a knack of setting the servants at loggerheads, and of poisoning the minds of their mistresses toward them. They are regular mischief-makers, and frequently cause old and faithful domestics to leave their situations. It will be seen, therefore, that it is a momentous undertaking to choose a monthly nurse rightly and well.

Fortunately for ladies, the class of nurses is wonderfully improved, and the race of Sairey Gamp and Betsey Prig is nearly at an end.

She ought to be either a married woman or a widow. A single woman can not so well enter into the feelings of a lying-in patient, and has not had the necessary experience. Moreover, a *single* woman, as a rule, is not so handy with an infant (more especially in putting him for the first time to the breast) as a *married* woman.

She must be sober, temperate, and healthy, and free

from deafness and from any defect of vision. She should have a gentle voice and manner, but yet be neither melancholy nor hippish. She ought to be fond of children, and must neither mind her trouble nor being disturbed at night. She should be a light sleeper. "Scrupulous attention to cleanliness, freshness, and neatness" in her own person, and toward the lady and the infant, are most important requisites.

A fine lady-nurse that requires to be constantly waited upon by a servant, is not the one that I would recommend. A nurse should be willing to wait upon herself, upon her mistress, and upon the baby, with alacrity, with cheerfulness, and without assistance, or she is not suitable for her situation.

As the nurse, if she does her duty, devotes her time, her talent, and her best energies to the lady and infant, a mistress ought to be most liberal in the payment of a monthly nurse. A good one is cheap at almost any price, while a bad one, though she come for nothing, is dear indeed. A cheap nurse is frequently the ruin of the patient's and of the baby's health, and of the peace of a household.

The monthly nurse ought to be engaged *early* in the pregnancy, as a *good* nurse is caught up soon, and is full of engagements. This is most important advice. A lady frequently has to put up with an indifferent nurse from neglecting to engage her betimes. The medical man at the eleventh hour is frequently besought to perform an impossibility—to select a *good* nurse; and which he could readily have done if time had been given him to make the selection. Some of my best nurses are engaged by my patients as early as two or three months after the latter have

conceived, in order to make sure of having their favorite nurses. My patients are quite right: a good nurse is quite of as much importance to her well-doing as a good doctor; indeed, a *bad* nurse oftentimes makes a *good* doctor's efforts perfectly nugatory.

It is always desirable, whenever it be possible, that th doctor in attendance should himself select the monthly nurse, as she will then be used to his ways, and he will know her antecedents—whether she be sober, temperate, and kind, and that she understands her business, and whether she be in the habit of attending and of following out his directions; for frequently a nurse is self-opinionated, and fancies that she knows far better than the medical man. Such a nurse is to be scrupulously avoided. There can not be two masters in a lying-in room; if there be, the unfortunate patient will inevitably be the sufferer. A doctor's directions *must* be carried out to the very letter. It rests with the patient to select a judicious medical man, who, although he will be obeyed, will be kind and considerate to the nurse.

A monthly nurse ought to be in the house a week or ten days before the commencement of the labor, in order that there may be neither bustle nor excitement, and no hurrying to and fro at the last moment to find her; and that she may have everything prepared, and the linen well aired for the coming event.

She must never be allowed, unless ordered by the medical man, to give either the patient or the baby a particle of medicine. A quacking monthly nurse is an abomination. An infant who is everlastingly being drugged by a nurse is sure to be puny and delicate.

A monthly nurse ought to understand the manner of

putting on and of tightening the bandage after a confinement. This, every night and morning, she must do. The doctor generally does it the first time himself—viz: immediately after the labor. It requires a little knack, and if the nurse be at all awkward in the matter, the medical man will only be too happy to show her the way; for he is quite aware the support, the comfort, and the advantage it will be to his patient, and he will be glad to know that the nurse herself will be able to continue putting it on properly for some weeks—for at least three weeks—after the lying-in.

If nurses better understood the proper method of bandaging patients after their labors, there would not be so many ladies with pendulous bellies and with ungainly figures. It is a common remark that a lady's figure is spoiled in consequence of her having had so many children. This, provided efficient bandaging after *every* confinement had been properly resorted to, ought not to be. But then, if a monthly nurse is to do those things properly, she ought to be properly trained, and many of them have little or no training; hence the importance of choosing one who thoroughly knows and will conscientiously do her duty.

A monthly nurse who thoroughly understands her business will always have the lying-in room tidy, cheerful, and well ventilated. She will not allow dirty linen to accumulate in the drawers, in corners, and under the bed; nor will she allow any chamber utensil to remain for one moment in the room after it has been used. If it be winter, she will take care that the fire in the grate never goes out, and that it is never very large, and that the room is kept as nearly as possible at one temperature—namely, at

60° Fahrenheit. She will use her authority as a nurse, and keep the other children from frequently running into the room, and from exciting and disturbing her mistress; and she will make a point of taking charge of the baby, and of keeping him quiet while the mother, during the day, is having her necessary sleep.

A good monthly nurse fully comprehends and thoroughly appreciates the importance of bathing the external parts concerned in parturition every night and morning, and sometimes even oftener, for at least two or three weeks after a confinement. And if the medical man deem it necessary, she ought to understand the proper manner of using a vaginal syringe. If the nurse be self-opinionated, and tries to persuade her mistress not to have proper ablution—that such ablution will give cold—she is both ignorant and prejudiced, and quite unfit for a monthly nurse; and my advice is, that a lady ought on no account to engage such a person a *second* time.

In another part of this work I have entered fully on the vital importance of ablution after a confinement, and I need not say more than again to urge my fair reader to see that the monthly nurse properly carries it out, and that if there be any objections made to it by the nurse, that the medical man be appealed to in the matter, and that his judgment be final. Assured I am that every doctor who understands his profession will agree with me, that the regular ablutions of the parts after a labor is absolutely indispensable. The nurse, of course, will take care to guard the bed from being wet, and will not expose the patient unnecessarily during the process; she will be quick over it, and she will have in readiness soft, warm, dry towels to speedily dry the parts that have been bathed.

The above is most important advice, and I hope that my fair inquirer will engage a monthly nurse that will do her duty in the matter.

Before concluding a list of some of the duties of a monthly nurse, there are four more pieces of advice I wish to give both to a wife and to a monthly nurse herself, which are these: (1) Never to allow a nurse, until she be ordered by the doctor, to give either brandy, or wine, or porter, or ale, to the patient. (2) I should recommend every respectable monthly nurse to carry about with her an India-rubber vaginal syringe. One of the best for the purpose is Higginson's syringe, which is one constructed to act either as an enema apparatus, or, by placing the vaginal-pipe over the enema-pipe, as a vaginal-syringe. She will thus be armed at all points, and will be ready for any emergency. It is an admirable invention, and can not be too well known. (3) I should advise a monthly nurse while on duty, whatever she may do at other times, to doff her crinoline. A woman nursing a baby with a stuck-out crinoline is an absurdity, and if it were not injurious both to the mother and to the infant (as the nurse in crinoline can not do her duty either to the one or to the other), she would be a laughable object. A new-born baby pillowed in steel! (4) I should recommend every monthly nurse, while in the lying-in room, to wear either list slippers or the rubber slippers, as creaking shoes are very irritating to a patient.

CHAPTER III.

CONFINEMENT.

SYMPTOMS of labor—Preparations for labor—Chloroform in hard and in lingering labor—Hints to attendants in case the doctor is unavoidably absent—Rest after delivery—Clothing after labor—Refreshment—Bandage after a confinement—Position—The lying-in room—The bladder—The bowels—"Cleansings"—Ablutions—Rest and quietude—Dietary—Beverage—Change of room—Exercise in the open air.

A DAY or two before the labor commences, the patient usually feels better than she has done for a long time; she is light and comfortable; she is smaller, and the child is lower down; she is more cheerful, breathes more freely, and is more inclined to take exercise, and to attend to her household duties.

A few days, sometimes a few hours, before labor commences, the child "falls," as it is called—that is to say there is a *subsidence—a dropping—of the womb* lower down the belly. This is the reason why she feels lighter and more comfortable, and more inclined to take exercise, and why she can breathe more freely.

The only inconvenience of *the subsidence of the womb* is that the womb presses on the bladder, and sometimes causes an irritability of that organ, inducing a frequent desire to make water.

The *subsidence—the dropping—of the womb* may then be considered *one* of the earliest of the *precursory symp-*

toms of *the* labor, and as *the* herald of the coming event. She has, at length, slight pains, and then she has a "show" as it is called; which is the coming away of a mucous plug, which, during pregnancy, had hermetically sealed the mouth of the womb. The "show" is generally tinged with a little blood. When a "show" takes place, she may rest assured that labor has actually commenced. One of the *early* symptoms of labor is a frequent desire to relieve the bladder.

She has now "*grinding pains*," coming on at uncertain periods; sometimes once during two hours, at other times every hour or half hour. These "grinding pains" ought not to be interfered with; at this stage, therefore, it is useless to send for a doctor; yet the monthly nurse should be in the house, to make preparations for the coming event. Although, at this early period, it is *not* necessary to send for the medical man; nevertheless, it is well to let him know that his services might shortly be required, in order that he might be in the way, or that he might leave word where he might quickly be found.

These "grinding pains" gradually assume more regularity in their character, return at shorter intervals, and become more severe. About this time, shivering, in the majority of cases, is apt to occur, so as to make the teeth chatter again. Shivering *during labor* is not an unfavorable symptom; it proves, indeed, that the patient is in real earnest, and that she is making progress.

She ought not, on any account, unless it be ordered by the medical man, to take brandy as a remedy for the shivering. A cup either of *hot* tea or of *hot* gruel will be the best remedy for the shivering; and an extra blanket or two should be thrown over her, which ought to be well

tucked around her, in order to thoroughly exclude the air from the body. The *extra* clothing should, as soon as she is warm and perspiring, be gradually removed, as she ought not to be kept very hot, or it will weaken her, and will thus retard her labor.

Sickness frequently comes on in the beginning of the labor, and may continue during the whole process. She is not only sick, but she actually vomits, and she can keep little or nothing on her stomach.

Now, sickness in labor is rather a favorable symptom, and is usually indicative of a kind and easy confinement. There is an old saying that "sick labors are safe." Although they be safe, they are decidedly disagreeable!

In such a case there is little or nothing to be done, as the less an irritable stomach is meddled with the better. The sickness will probably leave as soon as the labor is over. Brandy, unless prescribed by the medical man, ought not to be given.

She must not, on any account, force down—as her female friends or as a "pottering" old nurse may advise to—"grinding pains:" if she do, it will rather retard than forward her labor.

She had better, during this stage, either walk about or sit down, and not confine herself to bed; indeed, there is no necessity for her, unless she particularly desire it, to remain in her chamber.

If, at the commencement of the labor, the "waters should break," even if there be no pain, the medical man ought immediately to be sent for; as, in such a case, it is necessary that he should know the exact presentation of the child.

After an uncertain length of time, the character of the

pains alters. From being "grinding," they become "bearing down," and are now more regular and frequent, and the skin becomes both hot and perspiring. These may be considered the *true* labor pains. The patient ought to bear in mind then that "the true labor pains are situated in the back and loins; they come on at regular intervals, rise gradually up to a certain pitch of intensity, and abate as gradually; it is a dull, heavy, deep sort of pain, producing occasionally a low moan from the patient; not sharp or twinging, which would elicit a very different expression of suffering from her."

As soon as the pains assume a "bearing down" character, the medical man ought to be in attendance; if he be sent for during the *early* state, when the pains are of a "grinding" character, and when they come on "few and far between," and at uncertain intervals (unless, as before stated, "the waters should break" early), he can do no good; for if he attempt, in the *early* stage, to force on the labor, he might do irreparable mischief.

Cramps of the legs and of the thighs are a frequent, although not a constant, attendant on labor. These cramps come on more especially if the patient be kept for a lengthened period in one position; hence the importance of allowing her, during the first and the second stages of labor, to move about the room.

Cramps are generally worse during the third or last stage of labor, and then, if they occur at all, they usually accompany each pain. The poor patient, in such a case, has not only to bear the labor pains, but the cramp pains! Now, there is no danger in these cramps; it is rather a sign that the child is making rapid progress, as he is pressing upon the nerves which supply the thighs.

The nurse ought to well rub, with her warm hand, the cramped parts; and, if the labor be not too far advanced, it would be well for the patient to change her position, and to sit on a chair, or, if she feel inclined, to walk about the room; there being of course an attendant, one on each side, to support her the while. If either a pain or a cramp should come on while she is thus moving about, let her instantly take hold of the bedpost for support.

I observe, in a subsequent paragraph, that in a case of labor, a four-post mahogany bedstead without a foot-board is preferable to either a brass or to an iron bedstead. It will now be seen that this was one of my reasons for advising the old-fashioned bedstead; as the support of a bedpost is oftentimes a relief and a comfort. The new-fashioned mahogany bedsteads made with *fixed* foot-board, and both the iron and brass bedsteads with railings at the foot, are each and all, during the progress of labor, very inconvenient; as the patient, with either of these kinds of bedsteads, is not able to plant her feet firmly against the bedpost—the foot-board of the former and the railings of the latter being in the way of her doing so. The man who invented these new-fangled bedsteads was an *ignoramus* in such matters.

Labor—and truly it may be called "labor"—is a natural process, and therefore ought not, unnecessarily, to be interfered with, or woe betide the unfortunate patient.

I firmly believe that a woman would stand a much better chance of getting well over confinement *without* assistance, than if she had been hurried *with* assistance.

In a natural labor very little assistance is needed, and the doctor is only required in the room occasionally, to ascertain that things are going on rightly. Those ladies do

best, both at the time and afterward, whose labors are the least interfered with. Bear this in mind, and let it be legibly written on your memory. 'This advice, of course, only holds good in natural confinements.

Meddlesome midwifery can not be too strongly reprobated. The duty of a doctor is to watch the progress of a labor, in order that, if there be anything wrong, he may rectify it; but if the labor be going on well, he has no business to interfere, and he need not be much in the lying-in room, although he should be in an adjoining apartment.

These remarks are made to set a lady right with regard to the proper offices of an obstetrician; as sometimes she has an idea that a medical man is able, by constantly "taking a pain," to greatly expedite a natural labor. Now, this is a mistaken and mischievous, although a popular notion.

The *frequent* "taking of a pain" is very injurious and most unnatural. It irritates and inflames the passages, and frequently retards the labor.

The *occasional*, but only the *occasional*, "taking of a pain" is *absolutely* necessary to enable the medical man to note the state of the parts, and the progress of the labor; but the *frequent* "taking of a pain" is very objectionable and most reprehensible.

As a rule, then, it is neither necessary nor desirable for a medical man to be much in a lying-in room. Really, in a natural labor, it is surprising how very little his presence is required. After he has once ascertained the nature of the case, *which it is absolutely necessary that he should do*, and has found all going on "right and straight," it is better, much better, that he retire in the daytime to

the drawing-room, in the night-season to a bed-room, and thus to allow nature time and full scope to take her own course without hurry and without interference, without let and without hinderance. Nature hates hurry and resents interference.

The above advice, for many reasons, is particularly useful. In the first place, nature is not unnecessarily interfered with. Secondly, it allows a patient, from time to time, to empty her bladder and her bowels,—which, by giving more room to the adjacent parts, greatly assist, and expedites the progress of the labor. Thirdly, if the doctor is not present he is not called upon to be frequently "taking a pain," which she may request him to do, as she fancies it does her good, and relieves her sufferings; but which frequent taking of a pain in reality does her harm, and retards the progress of the labor. No; a doctor ought *not* to be much in a lying-in room. Although it may be necessary that he be near at hand, within call, to render assistance toward the last, I emphatically declare that in an ordinary confinement—that is to say, in what is called a natural labor—the only time, as a rule, that the presence of the doctor can be useful, is *just* before the child is born; although he ought to be in readiness, and should, therefore, be in the house, some little time before the event takes place. Let the above most important advice be strongly impressed upon your memory. Oh! if a patient did but know what a blessed thing is patience, and, in an ordinary labor, the importance of non-interference!

Bear in mind, then, that in every well-formed woman, and in every ordinary confinement, nature is perfectly competent to bring, *without the assistance of man*, a child into the world, and that it is only an ignorant person who

would, in a natural case of labor, interfere to assist nature. Assist nature! Can anything be more absurd? As though God in his wisdom, in performing one of his greatest wonders and processes, required the assistance of man! It might with as much truth be said that in every case of the process of *healthy* digestion it is necessary for a doctor to assist the stomach in the process of digesting the food! No; it is high time that such fallacies were exploded, and that common-sense should take the place of such folly. A natural labor, then, ought *never* to be either hurried or interfered with, or frightful consequences might, and in all probability will, ensue. Let every lying-in woman bear in mind that the more patient she is, the more kind and the more speedy will be her labor and her "getting about." Let her, moreover, remember, then, that labor is a natural process—that all the "grinding" pains she has are doing her good service, are dilating, softening, and relaxing the parts, and preparing for the final or "bearing-down" pains; let her further bear in mind *that these pains must not, on any account whatever, be interfered with* either by the doctor, by the nurse, or by herself. These pains are sent for a wise purpose, and they ought to be borne with patience and resignation, and she will in due time be rewarded for all her sufferings and anxieties by having a living child. Oh, how often have I heard an ignorant nurse desire her mistress to bear down to a "grinding" pain, as though it could do the slightest good. No, it only robs her of her strength and interferes with the process and progress of the labor. Away with such folly, and let nature assert her rights and her glorious prerogative! It might be thought that I am tedious and prolix in insisting on non-interference in a

natural labor, but the subject is of paramount importance, and can not be too strongly dwelt upon, and can not be too often brought, and that energetically, before the notice of a lying-in woman.

Fortunately for ladies, there is great talent in the midwifery department, which would prevent—however anxious a patient may be to get out of her trouble—any improper interference.

I say *improper* interference. A case sometimes, *although rarely*, occurs, in which it might be necessary for the medical man to properly interfere and to help the labor; then the patient must leave herself *entirely* in the hands of her doctor—to act as he thinks best, and who may find it necessary to use promptness and decision, and thus to save her an amount of unnecessary lingering pain, risk, and anxiety. But these cases, fortunately, are exceptions—*rare exceptions*—and not the rule.

It is, then, absolutely necessary, in some few cases, that a medical man should act promptly and decisively; delay, in such emergencies, would be dangerous:

> "If it were done, when 't is done, then 't were well
> It were done quickly."

There are times, and times without number, when a medical man is called upon to do little or nothing; and there are others—few and far between—when it is imperatively necessary that he should do a great deal. He ought, at all times, to be as gentle as a lamb, but should, in certain contingencies, be as fearless as a lion!

Should the husband be present during the labor? Certainly not; but as soon as the labor is over, and all the soiled clothes have been put out of the way, let him in-

stantly see his wife for a few minutes, to whisper in her ear words of affection, of gratitude, and consolation.

The *first* confinement is generally twice the length of time of an *after* one, and usually the more children a lady has had, the quicker is the labor; but this is by no means always the case, as *some* of the *after* labors may be the *tedious*, while the *early* confinements may be the *quick* ones.

It ought to be borne in mind, too, that *tedious labors* are oftentimes *natural labors*, and that they only require time and patience from all concerned to bring them to a successful issue.

It may be said that a first labor as a rule lasts six hours, while an *after* labor probably lasts but three. This space of time, of course, does not usually include the *commencement* of labor pains; but the time that a lady may be *actually* said to be in *real* labor. If we are to reckon from the commencement of the labor, we ought to double the above numbers—that is to say, we should make the average duration of a first labor twelve; of an after labor, six hours.

When a lady marries late in life—for instance, after she has passed the age of thirty—her *first* labor is usually much more lingering, painful, and tedious, demanding a great stock of patience from the patient, from the doctor, and from the friends, notwithstanding which, if she be not hurried, and be not much interfered with, both she and the baby generally do remarkably well. Supposing a lady marries late in life, it is only the *first* confinement that is usually hard and lingering; the *after* labors are as easy as though she had married when young.

Slow labors are not necessarily dangerous; on the contrary, a patient frequently has a better and more rapid

recovery, provided there has been no interference, after a tedious than after a quick confinement—proving beyond doubt that nature hates hurry and interference. It is an old saying, and, I believe, a true one, that a lying-in woman *must* have pain either *before* or *after* a labor; and it certainly is far preferable that she should have the pain and suffering *before* than *after* the labor is over.

It is well for a patient to know that, as a rule, after a *first* confinement, she never has after-pains. This is some consolation, and is a kind of compensation for her usually suffering more with her *first* child.

The after-pains generally increase in intensity with every additional child. This only bears out, in some measure, what I before advanced—namely: that the pain is less severe and of shorter duration *before* each succeeding labor, and that the pain is greater and of longer duration *after* each succeeding one.

The after-pains are intended by nature to contract—to reduce—the womb somewhat to its non-pregnant size, and to assist clots in coming away, and, therefore, ought not to be needlessly interfered with. A judicious medical man will, however, if the pains be very severe, prescribe medicine to moderate—not to stop—them. A doctor fortunately possesses valuable remedies to alleviate the after-pains.

Nature—beneficent nature—ofttimes works in secret, and is doing good service by preparing for the coming event, unknown to all around. In the *very earliest stages of labor* pain is not a necessary attendant.

Although pain and suffering are the usual concomitants of childbirth, there are, nevertheless, well-authenticated cases on record of *painless parturition.*

A natural labor may be divided into three stages. *The first*, the premonitory stage, comprising the "falling" or *subsidence of the womb*, and the "show." *The second*, the dilating stage, which is known by the pains being of a "grinding" nature, and in which the mouth of the womb gradually opens or dilates until it is sufficiently large to admit the exit of the head of the child, when it becomes *the third*, the completing stage, which is now indicated by the pains being of a "bearing down" expulsive character.

Now, in the first or premonitory stage, which is much the longest of the three stages, it is neither necessary nor desirable that the patient should be confined to her room; on the contrary, it is better for her to be moving about the house, and to be attending to her household duties.

In the second or dilating stage, it will be necessary that she should be confined to her room, but not to her bed. If the drawing-room be near at hand, she ought occasionally to walk to it, and if a pain should come on the while, lie on the sofa. In this stage it is not at all desirable that she should keep her bed, or even lie much on it. She is better up and about, and walking about the room.

In the first and the second stages she must not, on any account, strain or bear down to the pains, as many ignorant nurses advise, as by robbing her of her strength, it would only retard the labor. Besides, while the mouth of the womb is dilating, bearing down can not be of the slightest earthly use—the womb is not in a fit state to expel its contents. If by bearing down she could (but which fortunately she can not) cause the expulsion of the child, it would, at this stage, be attended with frightful consequences—no less than the rupture of the womb! Therefore, for the future, let not a lady be persuaded,

either by any ignorant nurse or by any officious friend, to bear down until the last or the complete stage, when a gentle bearing down will assist the pains to expel the child.

In the third or completing stage, of course it is necessary that she should lie on a bed, and that she should, as above advised, bear gently down to the pains. The *bearing* down pains will indicate to her when to *bear* down.

If, toward the last, she be in great pain, and if she feel inclined to do so, let her cry out, and it will relieve her. A foolish nurse will tell that if she make a noise, it will do her harm. Away with such folly, and have nothing to do with such simpletons!

Even in the last stage, she ought never to bear down unless the pain be actually upon her; it will do her great harm if she does. In bearing down, the plan is to hold the breath, and strain down as though she were straining to have a stool.

By a patient adopting the rules just indicated, much weariness might be avoided; cramp, from her not being kept long in one position, might be warded off; the labor, from her being amused by change of room and scene, might be expedited; and thus the confinement might be deprived of much of its monotony and misery.

Nurses sometimes divide a labor into two kinds: a "back labor," and a "belly labor." The latter is not a very elegant, although it might be an expressive term. Now, in a "back labor," the patient will derive comfort by having her back held by the nurse. This ought not to be done by the *bare* hand, but let the following plan be adopted: Let a pillow be placed next the back, and then the nurse should apply firm pressure, the pillow intervening between the back and the nurse's hand or hands.

If the above method be followed, the back will not be injured, which it otherwise would be by the pressure of the hard hand of the nurse. Where the *bare* hand alone has been applied, I have known the back to continue sore and stiff for days.

During the latter stage of labor, the patient ought always to keep her eyelids closed, or the straining might cause an attack of inflammation of the eyes, or, at all events, might make them bloodshot.

Let a large room, if practicable, be selected for the labor, and let it be airy and well ventilated; and, if it be summer, take care that the chimney be not stopped. If the weather be intensely hot, there is no objection to the window being from time to time a little opened.

The old-fashioned four-post mahoghany bedstead is the most convenient for a confinement, and is far preferable either to brass or to iron. The reasons are obvious: in the first place, the patient can in the *last* stage of labor, press her feet against the bedpost, which is often a great comfort, relief, and assistance to her. And secondly, while she is walking about the room, and "a pain" suddenly comes on, she can, by holding the bedpost, support herself.

If there be a straw mattress and a horse-hair mattress, besides the bed, let the straw mattress be removed; as a high bed is inconvenient, not only to the patient, but to the doctor.

PREPARATIONS FOR LABOR.

I should strongly urge a patient *not* to put everything off to the last. She must take care to have in readiness a *good* pair of scissors and a skein of whitey-brown thread. And she ought to have in the house a small pot of fresh

MAN'S STRENGTH. THE NERVOUS SYSTEM.

lard—that is to say, *unsalted* lard, that it may be at hand in case it is wanted. Let everything necessary both for herself and the babe be well aired and ready for *immediate* use, and be placed in such order, that all things may, without hurry or bustle, at a moment's notice, be found.

Another preparation for labor, and a most important one, is, attending to the state of the bowels. *If they are at all costive,* the moment there is the slightest *premonitory* symptoms of labor, she ought to take either a teaspoonful or a dessertspoonful (according to the nature of her bowels, whether she be easily moved or otherwise) of castor oil. If she object to taking the oil, then let her have an enema of warm water, a pint, administered. By adopting either of the above plans she will derive the greatest comfort and advantage. It will prevent her delicacy from being shocked by having her bowels opened, without her being able to prevent them, during the last stage of labor; and it will, by giving the adjacent parts more room, much expedite the confinement and lessen her sufferings.

The next thing to be attended to is the way in which she ought to be *dressed for the occasion.* I would recommend her to put on her clean night-gown, which, in order to keep it clean and unsoiled, should be smoothly and carefully rolled up about her waist; then she ought to wear over it a short bed-gown reaching to the hips, and have on a flannel petticoat to meet it, and then she should put on a dressing-gown over all. If it be winter, the dressing-gown had better either be composed of flannel or be lined with that material. *The stays must not be worn,* as they would interfere with the progress of the labor.

The valances of the bed and the carpet, and the cur-

tains at the foot of the bed, had better all be removed; they are only in the way, and may get soiled and spoiled.

"*The guarding of the bed.*"—This is done in the following way: Cover the *right* side of the bed (as the patient will have to lie on her *left* side) with a large piece—a yard and a half square—of waterproof cloth, or bed-sheeting, as it is sometimes called, which is sold for that purpose; over this, folded sheets ought to be placed. If a waterproof cloth can not be procured, an oil-cloth table-cover will answer the purpose. Either of the above plans will effectually protect the bed from injury.

The lying-in room should be kept not hot, but comfortably warm; if the temperature of the room be high, the patient will become irritable, feverish, and restless.

Every now and then, in order to change the air, let the door of the room be left ajar; and if, in the early periods of the labor, she should retire for awhile to the drawing-room, let the lying-in room window be thrown wide open, so as to thoroughly ventilate the apartment, and to make it fresh and sweet on her return. If the weather be very warm, the lower sash of the window may, for a few inches, be opened. It is wonderful how refreshing to the spirits, and how strengthening to the frame, a well-ventilated room is to a lying-in patient.

Many attendants are not only unnecessary but injurious. They excite and flurry the patient, they cause noise and confusion, and rob the air of its purity. One lady friend besides the doctor and the monthly nurse is all that is needed.

In making the selection of a friend, care should be taken that she is the mother of a family, that she is kind-hearted and self-possessed, and of a cheerful turn of mind.

At these times all "chatterers," "croakers," and "potterers," ought to be carefully excluded from the lying-in room. No conversation of a depressing character should for one moment be allowed. Nurses and friends who are in the habit of telling of bad cases that have occurred in their experience must be avoided as the plague. If nurses have had bad cases, many of them have probably been of their own making; such nurses, therefore, ought on every account to be shunned.

During the progress of the labor, boisterous and noisy conversation ought never to be permitted; it only irritates and excites the patient. Although boisterous merriment is bad, yet at such times quiet, cheerful, and agreeable conversation is beneficial.

A mother on these occasions is often present; but of all persons she is the most unsuitable, as, from her maternal anxiety, she tends rather to depress than to cheer her daughter. Though the mother ought not to be in the *room*, it is, if practicable, desirable that she should be in the *house*. The patient, in the generality of cases, derives comfort from the knowledge of her mother being so near at hand.

Another preparation for labor is to soothe her mind by telling her of the *usual* safety of confinements, and by assuring her that, in the generality of instances, it is a natural process and that all she has to do is to keep up her spirits, to adhere strictly to the rules of her doctor, and she will do well.

Tell her that "sweet is pleasure after pain;" tell her, too, of the exquisite happiness and joy she will feel as soon as the labor is over, as perhaps the greatest thrill of delight a woman ever experiences in this world is when

her babe is *first* born. She, as if by magic, forgets all the sorrow and suffering she has endured. "A woman when she is in travail hath sorrow, because her hour is come; but as soon as she is delivered of the child, she remembereth no more the anguish, for joy that a man is born into the world." Keble, in the *Christian Year*, well observes:

> "Mysterious to all thought,
> A mother's prime of bliss,
> When to her eager lips is brought
> Her infant's thrilling kiss."

Rogers, too, in referring to this interesting event, sweetly sings:

> "The hour arrives, the moment wish'd and fear'd;
> The child is born, by many a pang endeared!
> And now the mother's ear has caught his cry—
> Oh! grant the cherub to her asking eye!
> He comes—she clasps him; to her bosom pressed,
> He drinks the balm of life, and drops to rest."

The doctor, too, will be able to administer comfort to her when he has "tried a pain" or has "taken a pain," as it is called, and when he can assure her that it "is all right and straight"—that is to say, that the child is presenting in the most favorable position, and that everything is progressing satisfactorily. He will, moreover, be able to inform her of the *probable* duration of the labor.

Let me in this place urge upon the patient the importance of her allowing the medical man to inquire fully into her state. She may depend upon it that this inquiry will be conducted in the most delicate manner. If there be anything wrong in the labor, it is in the *early* stage, and *before* the "waters have broken," that the most good can be done. If a proper examination be not allowed to

the medical man whenever he deems it right and proper (and a judicious doctor will do it as seldom as he can), her life, and perhaps that of her child, might pay the penalty of such false delicacy.

French brandy, in case it is wanted, ought always to be in the house; let me impress upon the minds of the attendants the importance of withholding it, unless it be ordered by the doctor, from a lying-in woman. Numbers have fallen victims to brandy being indiscriminately given. I am of opinion that the great caution which is now adopted in giving spirits to women in labor is one reason, among others, of the great safety of the confinements of the present day, compared with those of former times.

The best beverage for a patient during labor is either a cup of warm tea, or of gruel, or of arrowroot. It is folly in the extreme, during the progress of labor, to force her to eat: her stomach recoils from it, as at these times there is generally a loathing of food, and if we will, as we always ought, to take the appetite as our guide, we shall never go far wrong.

A patient during labor ought frequently to make water; by doing so she will add materially to her ease and comfort, and it will give the adjacent parts more room, and will thus expedite the labor. I wish to call attention to this point, as many ladies, especially with their first children, have, from false delicacy, suffered severely from not attending to it; one of the ill effects of which is inability after the labor is over to make water without the assistance of the doctor, who might in an extreme case deem it necessary to introduce a catheter into the bladder, and thus to draw the water off.

I recommended, in a previous paragraph, that the doctor ought to have either the drawing-room or a bed-room to retire to, in order that the patient may, during the progress of the labor, *be left very much to herself*, and that thus she may have full opportunities, whenever she feels the slightest inclination to do so, of thoroughly emptying either her bladder or her bowels. *Now, this advice is of very great importance*, and if it were, more than it is, attended to, would cause a great diminution of misery, of annoyance, and suffering. I have given the subject great attention, as I have had large experience in midwifery practice; I therefore speak "like one having authority," and if my advice in this particular be followed, this book will not have been written in vain.

If the patient, twelve hours after the labor, and having tried two or three times during that time, is *unable* to make water, the medical man ought to be made acquainted with it, or serious consequences might ensue.

CHLOROFORM IN HARD AND IN LINGERING LABOR.

Mothers and doctors are indebted to Dr.—now Sir James—Simpson for the introduction of chloroform, one of the greatest and most valuable discoveries ever conferred on suffering humanity.

Sulphuric ether was formerly used to cause insensibility to pain; but it is far inferior to chloroform, and is now, in this country, very seldom employed; while the inhalation of chloroform, especially in cases of hard and of lingering labor, is every day becoming more general, and will do still more extensively as its value is better understood, and when, in well-selected cases, its comparative freedom from danger is sufficiently appreciated.

Chloroform, then, is a great boon in midwifery practice; indeed, we may say with Dr. Kidd, that in labor cases "it has proved to be almost a greater boon than in the experimental and gigantic operations of the surgeon." It may be administered in labor by a medical man with perfect safety. I have given it in numerous instances and have always been satisfied with the result.

The inhalation of chloroform causes either partial or complete unconsciousness, and freedom from pain either for a longer or for a shorter time, according to the will of the operator. In other words, the effects might, with perfect safety, be continued either for a few minutes, or, from time to time, for several hours; indeed, if given in proper cases, and by a judicious medical man, with immense benefit.

Chloroform is more applicable and useful in a labor—more especially in a first labor—when it is lingering, when the pains are very severe, and when, notwithstanding the pain, it is making but little progress,—then chloroform is a priceless boon.

Chloroform, too, is very beneficial when the patient is of a nervous temperament, and when she looks forward with dread and apprehension to each labor pain.

It might be asked,—Would you give chloroform in *every* case of labor, be it ever so easy and quick? Certainly not: it is neither advisable nor expedient, in an ordinary, easy, quick labor, to administer it.

The cases in which it is desirable to give chloroform are *all* lingering, hard, and severe *ordinary* labors. In such I would gladly use it. But, before administering it, I would, as a rule, wait for at least six hours from the commencement of the labor.

Oh, the delightful and magical effects of it in the cases here described; the lying-in room, from being in a state of gloom, despondency, and misery, is instantly transformed, by its means, into one of cheerfulness, hope, and happiness!

When once a lying-in woman has experienced the good effects of chloroform in assuaging her agony, she importunately, at every recurrence of "the pain," urges her medical man to give her more! In all her subsequent confinements, having once tasted the good effects of chloroform, she does not dread them. I have frequently heard a lady declare that now (if her labor be either hard or lingering) she can have chloroform, she looks forward to the period of childbirth with confidence and hope.

It might be asked,—Does the inhalation of chloroform retard the patient's "getting about?" I emphatically declare *that it does not do so.* Those who have had chloroform have always, in my practice, had as good and as speedy recoveries as those who have not inhaled it.

One important consideration in the giving of chloroform in labor is, *that a patient has seldom, if ever, while under the effects of it, been known to die;* which is more than can be said when it has been administered in surgical operations, in the extraction of teeth, etc. "I know there is not one well-attested death from chloroform in midwifery in all our journals."

One reason why it may be so safe to give chloroform in labor is, that in the practice of midwifery a medical man does not deem it needful to put his patient under the *extreme* influence of it. He administers just enough to ease her pain, but not sufficient to rob her of total consciousness; while in a surgical operation the surgeon may

consider it necessary to put his patient under the *full* influence of chloroform; hence the safety in the one, and the danger in the other case. "It is quite possible to afford immense relief, to 'render the pains quite bearable,' as a patient of mine observed, by a dose which does not procure sleep or impair the mental condition of the patient, and which all our experience would show is absolutely free from danger."

There is another advantage in chloroform,—the child, when he is born, is usually both lively and strong, and is not at all affected by the mother having had chloroform administered to her. This is a most important consideration.

The doctor, too, as I before remarked, is deeply indebted to Sir J. Simpson for this great boon; *formerly* he dreaded a tedious and hard labor; *now* he does not do so, as he is fully aware that chloroform will rob such a lying-in of much of its terror and most of its pain and suffering, and will in all probability materially shorten the duration of the confinement.

Chloroform ought never to be administered, either to a labor patient or to any one else, except by a medical man. This advice admits of no exception. And chloroform should never be given unless it be either in a lingering or in a hard labor. As I have before advised, in a natural, easy, every-day labor, nature ought not to be interfered with, but should be allowed to run its own course. Patience, gentleness, and non-interference are the best and the chief requisites required in the *majority* of labor cases.

HINTS TO ATTENDANTS IN CASE THE DOCTOR IS UNAVOIDABLY ABSENT.

It frequently happens that after the *first* confinement the labor is so rapid that the child is born before the doctor has time to reach the patient.

It is consequently highly desirable—nay, imperatively necessary—for the interest and for the well-doing both of the mother and of the baby, that either the nurse or the lady friend should, in such an emergency, know *what to do and what* NOT *to do.* I, therefore, in the few following paragraphs, purpose, in the simplest and clearest language I can command, to enlighten them on the subject.

In the first place, let the attendants be both calm and self-possessed, and let there be no noise, no scuffling, no excitement, no whispering, and no talking, and let the patient be made to thoroughly understand that there is not the slightest danger; as the principal danger will be in causing *unnecessary* fears both as to herself and her child. Tens of thousands are annually delivered in England, and every-where else, without the *slightest* assistance from a doctor,—he not being at hand or not being in time; and yet both mother and child almost invariably do well.. Let her be informed of this fact—for it is a fact—and it will be a comfort to her and will assuage her fears. The medical man, as soon as he arrives, will soon make all right and straight.

In the meantime let the following directions be followed: *Supposing a child to be born before the medical man arrives,* the nurse ought then to ascertain whether a coil of navel-string be around the neck of the infant; if it be, it must be instantly liberated, or he might be strangled. Care should be taken that he has sufficient room to

breathe, that there be not a "membrane" over his mouth; and that his face be not buried in the clothes. Any mucus about the mouth of the babe ought, with a soft napkin, to be wiped away, or it might impede the breathing.

Every infant, the moment he comes into the world, ought to cry; if he does not naturally, he should be made to do so by smacking his buttocks until he does cry. He will then be safe.

If the doctor has not arrived, cheerfulness, quietness, and presence of mind must be observed by all around; otherwise, the patient may become excited and alarmed, and dangerous consequences might ensue.

If the infant should be *born apparently dead*, a few smart blows must be given on the buttocks and on the back; a smelling-bottle ought to be applied to the nostrils, or rag should be singed under the nose, taking care that the burning tinder does not touch the skin; and cold water must be freely sprinkled on the face. The navel-string, as long as there is pulsation in it, ought not to be tied.

The limbs, the back, and the chest of the child ought to be well rubbed with the warm hand. The face should not be smothered up in the clothes. If pulsation had ceased in the navel-string (the above rules having been strictly followed, and having failed), let the navel-string be tied and divided, and then let the child be plunged into warm water—98° Fahr. If the *sudden* plunge does not rouse respiration into action, let him be taken out of the warm bath, as the keeping him for any length of time in the water will be of no avail.

If these simple means should not *quickly* succeed, although they generally will, Dr. Marshall Hall's *Ready*

Method ought in the following manner to be tried: "Place the infant on his face; turn the body gently but completely *on the side and a little beyond,* and then on the face, alternately; repeating these measures deliberately, efficiently, and perseveringly, fifteen times in the minute only."

Another plan of restoring suspended animation is by artificial respiration, which should be employed in the following manner: Let the nurse (in the absence of the doctor) squeeze, with her left hand, the child's nose, to prevent any passage of air through the nostrils; then let her apply her mouth to the child's mouth, and breathe into it, in order to inflate the lungs; as soon as they are inflated, the air ought, with the right hand, to be pressed out again so as to imitate natural breathing. Again and again, for several minutes, and for about fifteen times a minute, should the above process be repeated; and the operator will frequently be rewarded by hearing a convulsive sob, which will be the harbinger of renewed life.

Until animation be restored, the navel-string, provided there be pulsation in it, ought not to be tied. If it be tied before the child has breathed, and before he has cried, he will have but a *slight* chance of recovery! While the navel-string is left entire, provided there be still pulsation in it, the infant has the advantage of the mother's circulation and support.

If Dr. Marshall Hall's *Ready Method,* and if artificial respiration, should not succeed, he must be immersed up to his neck in a warm bath of 98° Fahrenheit. A plentiful supply of warm water ought always to be in readiness, more especially if the labor be either hard or lingering.

Should the child have been born for some time before the doctor has arrived, it may be necessary to tie and to di-

vide the navel-string. The manner of performing it is as follows: A ligature, composed of four or five whitey-brown threads, nearly a foot in length and with a knot at each end, ought, by a double knot, to be *tightly* tied, at about two inches from the body of the child, around the navel-string. A second ligature must, in a similar manner, be applied about three inches from the first, and the navel-string should be carefully divided midway between the two ligatures. Of course, if the medical man should shortly be expected, any interference would not be advisable, as such matters ought always to be left entirely to him.

The after-birth must never be brought away by the nurse: if the doctor has not yet arrived, it should be allowed to come away (which, if left alone in the generality of cases, it generally will) of its own accord. The only treatment that the nurse ought in such a case to adopt is, that she apply, by means of her right hand, *firm* pressure over the region of the womb: this will have the effect of encouraging the contraction of the womb, of throwing off the after-birth, and of preventing violent flooding.

If the after-birth does not soon come away, say in an hour, or *if there be flooding*, another medical man ought to be sent for; but on no account should the nurse be allowed to interfere with it further than by applying firm pressure over the region of the womb, and *not touching the navel-string at all;* as I have known dangerous, and in some cases even fatal, consequences to ensue from such meddling.

REST AFTER DELIVERY.

A lady ought never to be disturbed for at least an hour after the delivery; if she be, violent flooding might be

produced. The doctor, of course, will make her comfortable by removing the soiled napkins, and by applying clean ones in their place.

Her head ought to be made easy; she must still lie on her side; indeed, for the first hour let her remain nearly in the same position as that in which she was confined—with this only difference, that if her feet have been pressing against the bedpost, they should be removed from that position.

CLOTHING AFTER LABOR.

She ought, after the lapse of an hour or two, to be moved from one side of the bed to the other. It ought to be done in the most tender and cautious manner. *She must not, on any account whatever, be allowed to sit erect in the bed.* While being moved, she herself should be passive—that is to say, *she ought to use no exertion, no effort,* but should, by two attendants, be removed from side to side; one must take hold of her shoulders, the other of her hips.

A patient, *after* delivery, usually feels shivering and starved; it will therefore be necessary to throw additional clothing, such as a blanket or two, over her, which ought to envelop the body, and should be well tucked around her; but the nurse ought to be careful not to overload her with clothes, or it might produce flooding, fainting, etc.; as soon, therefore, as she is warmer, let the *extra* clothing be gradually removed. If the feet be cold, let them be wrapped in a warm flannel petticoat, over which a pillow should be placed.

A frequent change of linen after confinement is desirable. Nothing is more conducive to health than cleanliness. Great care should be taken to have the sheets and linen well aired.

REFRESHMENT.

A cup of cool, black tea, directly after a patient is confined, ought to be given. I say cool, not cold, as cold tea might chill her. Hot tea would be improper, as it might induce flooding.

As soon as she is settled in bed, there is nothing better than a *small* basin of warm gruel.

Brandy ought never, unless ordered by the medical man, to be given after a confinement. Warm beer is also objectionable; indeed, stimulants of all kinds must, unless advised by the doctor, be carefully avoided, as they would only produce fever, and probably inflammation. Caudle is now seldom given; but still some old-fashioned people are fond of recommending it after a labor. Caudle ought to be banished the lying-in room; it caused in former times the death of thousands!

BANDAGE AFTER A CONFINEMENT.

(1) This consists of thick linen, similar to sheeting, about a yard and a half long, and sufficiently broad to comfortably support the belly. It ought to be put on moderately tight; and should be retightened every night and morning, or oftener if it become slack. (2) Salmon's Obstetric Binder is admirably adapted to give support after a confinement, and may be obtained of any respectable surgical instrument-maker.

If there be not either a proper bandage or binder at hand—(3) a yard and a half of *unbleached* calico, folded double, will answer the purpose. The best pins to fasten the bandages are the patent safety nursery-pins. The binder requires no pins.

A support to the belly after labor is important: in the

first place, it is a great comfort; in the second, it induces the belly to return to its original size; and lastly, it prevents flooding. Those ladies, more especially if they have had large families, who have neglected proper bandaging after their confinements, frequently suffer from enlarged and pendulous bellies, which give them an unwieldy and ungainly appearance!

POSITION.

The way of placing the patient in bed.—She ought *not*, immediately after a labor, under any pretext or pretense whatever, to be allowed to raise herself in bed. If she be dressed, her soiled linen may readily be removed; and she may be drawn up by two assistants—one being at the shoulders and the other at the legs—to the proper place, *as she herself must not be allowed to use the slightest exertion.*

Inattention to the above recommendation has caused violent flooding, fainting, bearing down of the womb, etc., and in some cases even fatal consequences.

THE LYING-IN ROOM.

The room to be kept cool and well ventilated.—A nurse is too apt, after the confinement is over, to keep a large fire. Nothing is more injurious than to have the temperature of a lying-in room high. A little fire, provided the weather be cold, to dress the baby by, and to encourage a circulation of the air, is desirable. A fire-guard ought to be attached to the grate of the lying-in room. The door must occasionally be left ajar, in order to change the air of the apartment; a lying-in woman requires *pure* air as much as any other person; but how frequently does the nurse fancy that it is dangerous for her to breathe it!

After the affair is over, the blinds ought to be put down, and the window curtains should be drawn, in order to induce the patient to have a sleep, and thus to rest herself after her hard work. Perfect stillness must reign both in the room and in the house.

It is really surprising, in this present enlightened age, now much misconception and prejudice there still is among the attendants of a lying-in room; they fancy labor to be a disease; instead of being what it really is—*a natural process;* and that old-fashioned notions, and not common-sense, ought to guide them.

The patient should, after the labor, be strictly prohibited from talking; and noisy conversation ought not to be allowed; indeed, she can not be kept too quiet, as she may then be induced to fall into a sweet sleep, which would recruit her wasted strength. As soon as the baby is washed and dressed, and the mother is made comfortable in bed, the nurse ought alone to remain; let everyone else be banished the lying-in room. Visitors should on no account, until the medical man gives permission, be allowed to see the patient.

THE BLADDER.

Ought a patient to go to sleep before she has made water?—There is not the least danger in her doing so (although some old-fashioned person might tell her that there is); nevertheless, before she goes to sleep, if she have the slightest inclination she should respond to it, as it would make her feel more comfortable and sleep more sweetly.

Let me urge the importance of the patient, *immediately* after childbirth, making water while she is in a lying po-

sition. I have known violent flooding to arise from a lying-in woman being allowed, soon after delivery, to sit up while passing her water.

The "female slipper" (previously warmed by dipping it in very hot water and then quickly drying it) ought, at these times, and for some days after a confinement, to be used. It is admirably adapted for the purpose, as it takes up but little room and is conveniently shaped, and readily slips under the patient, and enables her to make water comfortably, she being perfectly passive the while. It should be passed under her in front, and not at the side of the body.

If there be any difficulty in her making water, the medical man must, through the nurse, be *immediately* informed of it. False delicacy ought never to stand in the way of this advice. It should be borne in mind that, after either a *very* lingering or a severe labor, there is frequently *retention of urine*,—that is to say, that although the bladder may be full of water, the patient is, without assistance, unable to make it.

After the patient, while lying down, trying several times to pass her water, and after allowing twelve or fifteen hours to elapse, and not being able to do so, it will be well for her to try the following method: Let the *pot de chambre* be well warmed; let the rim be covered with flannel; let her, supported the while by the nurse, kneel *on* the bed, her shoulders be covered with a warm shawl; then let her, with the *pot de chambre* properly placed between her knees on the bed, try to make water, and the chances are that she will *now* succeed.

If she does not, twenty-four hours having elapsed, the doctor must be informed of the fact; and it will then be

necessary, absolutely necessary, for him, by means of a catheter, to draw off the water. It might be well to state that the passing of a catheter is unattended *with either the slightest danger or pain;* and that it is done without exposing her, and thus without shocking her modesty.

THE BOWELS.

The bowels are usually costive after a confinement. This confined state of the bowels after labor is doubtless a wise provision of nature, in order to give repose to the surrounding parts—especially to the womb; it is well, therefore, *not* to interfere with them, but to let them have perfect rest for three days. Sometimes before the expiration of the third day the bowels are relieved, either without medicine or merely by the taking of a cupful of warm coffee. If such be the case, all well and good; as it is much better that the bowels should be relieved *without* medicine than *by* medicine; but if, having taken the coffee, at the end of the third day they are not opened, then early on the following—the fourth—morning, a dose of castor oil should be given in the manner recommended in paragraph, p. 205. Either a teaspoonful or a dessert-spoonful, according to the constitution of the patient, will be a proper dose. If, in the course of twelve hours, it should not have the desired effect, it must be repeated. The old-fashioned custom was to give castor oil on the morning after the confinement; this, as I have before proved, was a mistaken plan.

After a lying-in, and when the bowels are not opened either naturally or by the taking of a cupful of warm coffee, if medicine be given by the mouth, castor oil is the *best* medicine, as it does not irritate either the patient's

bowels, or, through the mother's milk, gripe the infant. Aperient pills, as the most of them contain either colocynth or aloes, or both, frequently give great pain to the babe, and purge him much more than they do the mother herself; aperient pills, therefore, after a confinement ought never to be taken.

If the patient object to the taking of castor oil, let the nurse, by means of an enema apparatus, administer an enema. This is an excellent, indeed the best, method of opening the bowels, as it neither interferes with the appetite nor with the digestion; it does away with the nauseousness of castor oil, and does not, in the administration, give the slightest pain. If the first enema should not have the desired effect, let one be given every quarter of an hour until relief be obtained. One of the best for the purpose is the following:

Take of—Olive oil, two tablespoonfuls;
Table-salt, two tablespsonfuls;
Warm oatmeal-gruel, one pint:
To make a clyster.

Another capital enema for the purpose is one made of Castile soap dissolved in warm water.

If the patient object both to the taking of the castor oil and to the administration of an enema, then the following draught will be found useful; it will act kindly, and will neither gripe the mother nor the child:

Take of—Concentrated Essence of Senna, half an ounce;
Syrup of Ginger, one drachm;
Distilled Water, seven drachms:
To make a draught. To be taken early in the morning.

If in twelve hours the above draught should not have the desired effect (although, if the essence of senna be

good, it usually does long before that time), let the draught be repeated. If the bowels be easily moved, *half* of the above draught is generally sufficient; if it be not so in twelve hours, the remainder should be taken. But let every lying-in woman bear in mind that as soon as her bowels will act, either naturally or by the taking of a cupful of warm coffee, without an aperient, not a particle of opening medicine should be taken.

But after all that can be said on the subject, there is no better method in the world for opening a lying-in patient's bowels, when costive, than (if the cup of coffee be not sufficiently powerful) by giving her an enema, as advised in a previous paragraph. An enema is safe, speedy, painless and effectual, and does not induce costiveness afterward, which castor oil, and all other aperients, if repeatedly taken, most assuredly will.

An enema, then, is an admirable method of opening costive bowels, both during suckling and during pregnancy, and deserves to be more universally followed than it now is; fortunately, the plan just recommended is making rapid progress, and shortly will, with ladies at such times, entirely supersede the necessity of administering aperients by the mouth.

Aperients, after a confinement, were in olden times, as a matter of course, repeatedly given both to the mother and to the babe, to their utter disgust and to their serious detriment! This was only one of the numerous mistakes and follies that formerly prevailed in the lying-in room. Unfortunately, in those days a confinement was looked upon as a disease, and to be physicked accordingly. A better state of things is happily now dawning.

When the patient's bowels, for the first few days after

the confinement, require to be opened, she ought to use the French bed-pan. This is a great improvement on the old-fashioned bed-pans, as it will readily slip under the patient, and will enable her, while lying down and while she is perfectly passive in bed, to have her bowels relieved, which at these times is very desirable. The French bed-pan is admirably adapted for a lying-in room; indeed, no lying-in room ought to be without this useful invention. "A flannel cap for the toe-part, held on by strings round the heel, will afford considerable comfort to the patient."

"CLEANSINGS"—ABLUTIONS.

The "Cleansings."—This watery discharge occurs directly after a lying-in, and lasts either a week or a fortnight, and sometimes even longer. It is, at first, of a reddish color; this gradually changes to a brownish hue, and afterward to a greenish shade; hence the name of "green waters." It has, in some cases, a disagreeable odor. A moderate discharge is necessary; but when it is profuse it weakens the patient.

Some ignorant nurses object to have the parts bathed after delivery; they have the impression that such a proceeding would give cold. Now, warm fomentation twice a day, and even oftener, either if the discharge or if the state of the parts require it, is absolutely indispensable to health, to cleanliness, and comfort. Ablutions, indeed, at this time are far more necessary than at any other period of a woman's existence.

There is nothing better for the purpose than a soft sponge and warm water, unless the parts be very sore; if they be, a warm fomentation, two or three times a day, of marshmallows and chamomile, will afford great relief,

or the parts may be bathed with warm oatmeal gruel, of course without salt. In these cases, too, I have found warm barm (yeast) and water a great comfort, and which will soon take away the soreness. The parts ought, after each fomentation, to be well but quickly dried with warm, dry, soft towels.

If the *internal* parts be very sore, it may be necessary, two or three times a day, to syringe them out by means of an india-rubber vaginal syringe, with either of the above remedies. Hence the importance of having a good monthly nurse—of having one who thoroughly understands her business.

Let the above rules be strictly followed. Let no prejudices and no old-fashioned notions, either of the nurse or of any female friend, stand in the way of the above advice. Ablution of the parts, then, after a confinement, and that frequently, is absolutely required, or evil results will, as a matter of course, ensue.

REST AND QUIETUDE.

A horizontal—a level—position for either ten days or a fortnight after a labor is important. A lady frequently fancies that if she supports her legs, it is all that is necessary. Now, this is absurd; it is the womb, and not the legs that require rest; and the only way to obtain it is by lying flat either on a bed or on a sofa: for the first five or six days, day and night, on a bed, and then for the next five or six days she ought to be *removed* for a short period of the day either to another bed or to a sofa; which other bed or sofa should be wheeled to the side of the bed, and she must be placed on it by two assistants, one taking hold of her shoulders and the other of her hips,

and thus lifting her on the bed or sofa, she herself being perfectly passive, and not being allowed to sit erect the while. She ought, during the time she is on the sofa, to maintain the *level* position.

She ought after the first nine days, to sit up for an hour; she should gradually prolong the time of the sitting; but still she must, for the first fortnight, lie down a great part of every day. She should, after the first week, lie either on a sofa or on a horse-hair mattress.

The above plan may appear irksome, but my experience tells me that it is necessary, absolutely necessary. The benefit the patient will ultimately reap from it will amply repay the temporary annoyance of so much rest. Where the above rules have not been adopted, I have known flooding, bearing down of the womb, and even "falling" of the womb, frequent miscarriages, and, ultimately, ruin of the constitution, to ensue.

"Falling of the womb" is a disagreeable complaint, and the misfortune of it is, that every additional child increases the infirmity. Now, all this might, in the majority of cases, have been prevented, if the recumbent posture for ten days or a fortnight after delivery had been strictly adopted.

If a patient labor under a "falling of the womb," she ought to apply to a medical man, who will provide her with a proper support, called a pessary, which will prevent the womb from "falling down," and will effectually keep it in its proper place.

It is only a medical man, accustomed to these matters, who can select a pessary suitable for each individual case. A proper kind of, and duly-adjusted, pessary is a great comfort to a patient, and will enable her both to take her

Lymphatic

HON W M PANMURE. M. P

Nervous.

MCDONALD CLARKE.

Bilious.

D. C MCCALLUM.

Sanguine.

THOMAS MOORE.

MAN'S STRENGTH.—TEMPERAMENTS.

proper exercise and to follow her ordinary employments; indeed, if a suitable pessary be used, it is so comfortable that the patient often forgets that she is wearing one at all. Those pessaries ought to be employed that can be removed every night, as there is not the least necessity for a patient to sleep in one, as the womb does not usually come down when the patient is lying down. Moreover, a pessary ought to be kept perfectly clean, and unless it be daily removed it is utterly impossible to keep it so. It is a great comfort and advantage to a patient to be able both to introduce and to remove the pessary herself, which, if a proper kind be employed, she can, when once taught, readily do.

If "falling of the womb" be early and properly treated, there is a good chance of a patient being perfectly cured, and thus of being able to dispense with a pessary altogether.

DIETARY.

For the first day the diet should consist of nicely-made and well-boiled gruel, arrowroot and milk, bread and milk, tea, dry toast and butter, or bread and butter; taking care not to overload the stomach with too much fluid. Therefore, either a cupful of gruel, or of arrowroot, or of tea, at a time, should not be exceeded, otherwise the patient will feel oppressed; she will be liable to violent perspiration, and there will be a too abundant secretion of milk.

For the next (the second) day.—Breakfast,—either dry toast and butter, or bread and butter, and black tea *Luncheon,*—either a breakfast-cupful of strong beef-tea,*

* There are few persons who know how to make beef-tea: let me tell you of a good way. Let the cook mince *very fine*—as fine as sausage-meat—one pound of the shoulder-blade of beef, taking care that every

or of bread and milk, or of arrowroot made with good fresh milk. *Dinner*,—either chicken or game, mashed potatoes, and bread. *Tea*, the same as for breakfast. *Supper*,—a breakfast-cupful of well-boiled and well-made gruel, made either with water or with fresh milk, or with water with a tablespoonful of cream added to it.

If beef-tea and arrow-root and milk be distasteful to the patient, or if they do not agree, then for luncheon let her have either a light egg pudding or a little rice pudding instead of either the beef-tea or the arrow-root.

On the third and fourth days.—Similar diet to the *second day*, with this difference, that for her dinner the patient should have mutton—either a mutton-chop or a cut out of a joint of mutton—instead of the chicken or game. The diet ought gradually to be improved, so that at the end of four days she should return to her usual diet, provided it be plain, wholesome, and nourishing.

The above, *for the generality of cases*, is the scale of dietary; but of course every lying-in woman ought not to be treated alike. If she be weak and delicate, she

---

particle of fat be removed; then let her put the meat either into a saucepan or into a digester with three pepper corns and a pint and a half of *cold* water; let it be put on the fire to boil; let it slowly boil for an hour, and then let it be strained: and you will have most delicious beef-tea, light and nourishing, grateful to the stomach and palate. When cold, carefully skim any remaining fat (if there be any) from it, and warm it up when wanted. It is always well, when practicable, to make beef-te. the day before it is wanted, in order to be able to skim it when quite cold. It may be served up with a finger or two of dry toast, and with salt to suit the taste. Sometimes a patient prefers the beef-tea *without* the pepper corns; when such be the case, let the pepper corns be omitted.

If you wish your beef-tea to be particularly strong and nourishing, and if you have any beef bones in the house, let them be broken up and slowly boiled in a *digester* for a couple of hours, or even longer, with the finely minced-up beef.

may from the beginning require good nourishment, and instead of giving her gruel, it may, from the *very commencement*, be necessary to prescribe good strong beef-tea, veal-and-milk broth, chicken-broth, mutton-chops, grilled chicken, game, the yolk and the white of an egg beaten up together in half a teacupful of good fresh milk, etc. Common-sense ought to guide us in the treatment of a lying-in as of every other patient. We can not treat people by rule and compass; we must be guided by circumstances; we can only lay down general rules. There is no universal guide, then, to be followed in the dietary of a lying-in woman; each case may and will demand separate treatment; a delicate woman, as I have just remarked, may, from the very first day, require generous living; while, on the other hand, a strong, robust, inflammatory patient may, for the first few days, require only simple bland nourishment, without a particle of stimulants. "And hence the true secret of success rests in the use of *common-sense* and *discretion* — common-sense to read nature aright, and discretion in making a right use of what the dictates of nature prescribe."

BEVERAGE.

For the first week, either toast and water, or barley-water and milk, with the chill taken off, is the best beverage. Wine, spirits, and beer, during this time, unless the patient be weak and exhausted, or unless ordered by the medical man, ought not to be given. All liquids given during this period should be administered by means of a feeding-cup; this plan I strongly recommend, as it is both a comfort and a benefit to the patient; it prevents her from sitting up in bed every time she has to take fluids, and it

keeps her perfectly still and quiet, which, for the first week after a confinement, is very desirable.

When she is weak, and faint, and low, it may, as early as the first or second day, be necessary to give a stimulant, such as either a tumblerful of home-brewed ale or a glass or two of wine daily; but, as I before remarked, in the generality of cases, either toast and water, or barley-water and milk, for the first week after a confinement, is the best beverage.

After a week, either a tumblerful of mild home-brewed ale or of London or Dublin porter, where it agrees, should be taken at dinner; but if ale or porter be given, wine ought not to be allowed. It would be well to keep either to ale or to porter, as may best agree with the patient, and not to mix them, nor to take porter at one meal and ale at another.

Barreled, in this case, is superior to bottled porter, as it contains less fixed air. On the whole, however, I should prefer *home-brewed* ale to porter. Either old, or very new, or very strong ale, ought not, at this time, to be given.

Great care is required in the summer, as the warm weather is apt to turn the beer acid. Such beer would not only disagree with the mother, but would disorder the milk, and thus the infant. A nursing mother sometimes endeavors to correct *sour* porter or beer by putting soda in it. This plan is objectionable, as the constant taking of soda is weakening to the stomach and impoverishing to the blood. Moreover, it is impossible, by any artificial expedient, to make either *tart* beer or porter sound and wholesome, and fit for a nursing mother. If beer or porter be sour, it is not fit to drink, and ought either to be thrown away or should be given to the pigs.

Sometimes neither wine nor malt liquor agree; then, either new milk and water, or equal parts of fresh milk and barley-water, will generally be found the best beverage. If milk should also disagree, either barley-water, or toast and water, ought to be substituted.

CHANGE OF ROOM.

The period at which a lying-in woman should leave her room will, of course, depend upon the season, and upon the state of her health. She may, after the first fourteen days, usually change the chamber for the drawing-room, provided it be close at hand; if it be not, she ought, during the day, to remove—be either wheeled or carried in a chair—from one bed-room to another, as change of apartment will then be desirable. The windows, during her absence from the room, ought to be thrown wide open; and the bedclothes, in order that they may be well ventilated, should be thrown back. She should, at the end of three weeks, take her meals with the family; but even then she ought occasionally, during the day, to lie on the sofa to rest her back.

EXERCISE IN THE OPEN AIR.

The period at which a lady, after her confinement, ought to take exercise in the *open* air, will, of course, depend upon the season, and upon the state of the wind and weather. In the *winter*, not until the expiration of a month, and not even then unless the weather be fine for the season. Carriage exercise will at first be the most suitable. In the *summer* she may, at the end of three weeks, take an airing in a carriage, provided the weather be fine, and the wind be neither in an easterly nor in a

north-easterly direction. At the expiration of the month she may, provided the season and the weather will allow, go out of doors regularly, and gradually resume her household duties and employments.

CHAPTER IV.

SUCKLING.

Duties of a Nursing Mother—The Breast—Stated Times for Suckling—Clothing—Dietary—Air and Exercise—Position of Mother During Suckling—The Temper—Occupation—Ailments, Etc.—Aperients—Weaning.

A MOTHER ought not, unless she intend to devote herself to her baby, to undertake to suckle him. She must make up her mind to forego the so-called pleasures of fashionable life. There ought, in a case of this kind, to be no half-and-half measures; she should either give up her helpless babe to the tender mercies of a wet nurse, or she must devote her whole time and energy to his welfare—to the greatest treasure that God hath given her!

If a mother be blessed with health and strength, it is most unnatural and cruel for her not to suckle her child:

"Connubial fair! whom no fond transport warms
To lull your infant in maternal arms;
Who, blessed in vain with tumid bosoms, hear
His tender wailings with unfeeling ear;
The soothing kiss and milky rill deny
To the sweet pouting lip and glistening eye!
Ah! what avails the cradle's damask roof,
The eider bolster, and embroidered woof!
Oft hear the gilded couch unpitied plains,
And many a tear the tassel'd cushion stains!
No voice so sweet attunes his cares to rest,
So soft no pillow as his mother's breast!—
Thus charmed to sweet repose, when twilight hours
Shed their soft influence on celestial bowers,

> **The cherub Innocence, with smile divine,**
> **Shuts his white wings, and sleeps on beauty's shrine."**

Oh, if a mother did but know the joy that suckling her infant imparts, she would never for one moment contemplate having a wet-nurse to rob her of that joy:

> **"The starting beverage meets the thirsty lip;**
> **'T is joy to yield it, and 't is joy to sip."**

Lamentable, indeed, must it be, if any unavoidable obstacle should prevent a mother from nursing her own child!

THE BREAST.

As soon as the patient has recovered from the fatigue of the labor—that is to say, in about four or six hours—attention ought to be paid, more especially in a *first* confinement, to the bosoms.

In a *first* confinement, there is, until the third day, but very little milk; although there is usually on that day, and for two or three days afterward, a great deal of swelling, of hardness, of distention, and of uneasiness of the breasts, in consequence of which, in a *first* confinement, both care and attention are needed.

If there be milk in the breast, which may be readily ascertained by squeezing the nipple between the finger and the thumb, the infant should, at *first*, be applied—not *frequently*, as some do, but at considerable intervals, say until the milk be properly secreted—every four hours; when the milk flows, the child ought to be applied more frequently, but still at stated times.

To wash away any viscid mucus from the nipple, or any stale perspiration from the bosom, let the breasts and the nipples, before applying the baby, be first sponged with

a little warm water, and then be dried with a warm, dry, soft napkin; for some infants are so particular that unless the breasts and the nipples be perfectly free from mucus and from perspiration, they will not suck. If, after the above cleansing process, there be any difficulty in making him take the bosom, smear a little cream on the nipple, and then immediately apply him to it.

If the breasts be full, hard, knotty, aud painful, which they generally are two or three days after a *first* confinement, let them be well but tenderly rubbed every four hours, either with the best olive oil (a little of which should, before using it, be previously warmed, by putting a little of the oil in a teacup on the hob by the fire), or, with equal parts of olive oil and of *eau de Cologne*, which should be well shaken up in a bottle every time before it be used.

On the third day, more especially after a *first* confinement, the breasts are apt to become very much swollen, painful, and distended. If such be the case, it might be necessary, for a few days, to have them drawn, once or twice daily, by a woman who makes it her business, and who is usually called either a breast-drawer, or, in vulgar parlance, a suck-pap! A clean, sober, healthy, respectable woman ought to be selected. There is, in nearly every large town, one generally to be found who is at the head of her profession! Such a one should be chosen.

If the bosoms be more than usually large and painful, in addition to assiduously using the above liniment, apply to the breasts, in the intervals, young cabbage-leaves, which should be renewed after each rubbing. Before applying them, the "veins" of the leaves, with a sharp knife, must be cut smooth, level with the leaf. It will require several, as the whole of the breast ought to be covered.

The cabbage-leaves will be found both cooling and comfortable. Each bosom should then be nicely supported with a soft folded silk handkerchief, going under each breast and suspending it; each handkerchief should then be tied at the back of the neck, thus acting as a kind of sling.

The patient ought not, while the breasts are full and uncomfortable, to drink *much* fluid, as it would only encourage a larger secretion of milk.

When the milk is at "its height," as it is called, she ought every morning, for a couple of mornings, to take a little cooling medicine—a Seidlitz powder—and, every four hours, the following effervescing mixture:

Take of—Bicarbonate of Potash, one drachm and a half;
Distilled Water, eight ounces:
To make a mixture. Two tablespoonfuls to be taken, with two tablespoonfuls of the Acid Mixture, every four hours, while effervescing.

Take of—Citric Acid, three drachms;
Distilled Water, eight ounces:
Mix.—The Acid Mixture.

The best way of taking the above effervescing medicine is to put two tablespoonfuls of the first mixture into a tumbler, and two tablespoonfuls of the acid mixture into a wineglass, then to add the latter to the former, and it will bubble up like soda-water; she should *instantly* drink it off while effervescing.

In two or three days, under the above management, the size of the bosoms will decrease, all pain will cease, and the infant will take the breast with ease and comfort.

Second and succeeding confinements.—If the breasts are tolerably comfortable (which in the second and in succeeding confinements they probably will be), let nothing be

done to them except, as soon as the milk comes at regular intervals, applying the child alternately to each of them. Many a bosom has been made uncomfortable, irritable, swollen, and even sometimes gathered, by the nurse's interference and meddling. Meddlesome midwifery is bad, and I am quite sure that meddlesome breast-tending is equally so. A nurse, in her wisdom, fancies that by rubbing, by pressing, by squeezing, by fingering, by liniment, and by drawing, she does great good, while in reality, in the majority of cases, by such interference she does great harm.

The child will, in *second* and in *succeeding* confinements, as a rule, be the best and the only doctor the bosoms require. I am quite convinced that, in a general way, nurses interfere too much, and that the bosoms in consequence suffer. It is, of course, the doctor's and not the nurse's province in such matters, to direct the treatment; while it is the nurse's duty to fully carry out the doctor's instructions.

There is nothing, in my opinion, that so truly tells whether a nurse be a *good* one or otherwise, as by the way she manages the breasts; a *good* nurse is judicious, and obeys the medical man's orders to the very letter; while, on the other hand, a *bad* nurse acts on her own judgment, and is always quacking, interfering, and fussing with the breasts, and doing on the sly what she dare not do openly: such conceited, meddlesome nurses are to be studiously avoided; they often cause, from their meddlesome ways, the breasts to gather.

Let the above advice be borne in mind, and much trouble, misery, and annoyance might be averted! Nature, in the majority of cases, manages these things much

better than any nurse possibly can do, and does not, as a rule, require helping. The breasts are sadly too much interfered and messed with by nurses, and by nurses who are, in other respects, tolerably good ones.

STATED TIMES FOR SUCKLING.

A mother ought to suckle her baby at stated times. It is a bad habit to give him the bosom every time he cries, regardless of the cause; for be it what it may—overfeeding, griping, "wind," or acidity—she is apt to consider the breast a panacea for all his sufferings. "A mother generally suckles her infant too often—having him almost constantly at the bosom. This practice is injurious both to parent and to child. For the first month he should be suckled about every hour and a half; for the second month, every two hours; gradually, as he becomes older, increasing the distance of time between, until at length he has the breast about every four hours. If he were suckled at stated periods he would only look for it at those times, and be satisfied."

A mother frequently allows her babe to be at the bosom a great part of every night. Now, this plan is hurtful both to her and to him; it weakens her, and thus enfeebles him; it robs them both of their sleep; and generates bad habits, which it will be difficult to break through; it often gives the mothor a sore nipple and the child a sore mouth.

It is surprising how soon an infant, at a very early age, may, by judicious management, be brought into good habits; it only requires, at first, a little determination and perseverance; therefore a nursing mother ought at once to commence by giving the child the breast at stated periods,

and she should rigidly adhere to the times above recommended.

A mother should not, *directly* after taking a long walk, and while her skin is in a state of *violent* perspiration, give her baby the bosom; the milk being at that time in a heated state, will disorder the child's bowels, or it may originate in him some skin disease, and one which it might be difficult to cure. She ought, therefore, before she gives him the breast, to wait until the surface of her body be *moderately* cool. Let her be careful the while not to sit in draughts.

CLOTHING.

A nursing mother ought to have her dress, more especially her stays, made loose and comfortable.

A gathered breast sometimes arises from the bones of the stays pressing into the bosom. I should, therefore, recommend her to have the bones removed.

If a lady be not in the habit of wearing a flannel waistcoat, she ought at least to have her bosoms covered with flannel, taking care that there be a piece of soft linen over the nipples.

I should advise a nursing mother to provide herself with a waterproof nursing apron, which may be procured either at any baby-linen establishment or at an india-rubber warehouse.

DIETARY.

A nursing mother ought to live plainly; her diet should be both light and nourishing. It is a mistaken notion that at these times she requires *extra* good living. She ought never to be forced to eat more than her appetite demands; if she be, either indigestion, or heartburn, or

sickness, or costiveness, or a bowel-complaint, will ensue. It is a folly, at any time, to force the appetite. If she be not hungry, compelling her to eat will do her more harm than good. A medical man, in such a case, ought to be consulted.

The best meats are mutton and beef; veal and pork may, for a change, be eaten. *Salted* meats are hard of digestion; if boiled beef, therefore, be eaten, it ought to be only *slightly* salted. It is better, in winter, to have the boiled beef *unsalted;* it is then, especially if it be the rump, deliciously tender. Salt, of course, must be eaten with the *unsalted* meat. High-seasoned dishes are injurious; they inflame the blood, and thus they disorder the milk.

Some persons consider that there is no care required in the selection of the food, and that a nursing mother may eat anything, be it ever so gross and unwholesome; but, if we appeal to reason and to facts, we shall be borne out in saying that great care is required. It is well known that cow's milk very much partakes of the properties of the food on which the animal lives. Thus, if a cow feed on swedes, the milk and the butter will have a turnipy flavor. This, beyond a doubt, decides that the milk does partake of the qualities of the food on which she feeds. The same reasoning holds good in the human species, and proves the absurdity of a nursing mother being allowed to eat anything, be it ever so gross, indigestible or unwholesome. Again, either a dose of purgative medicine given to her, or greens taken by her at dinner, will sometimes purge the baby as violently, or even more so, than it will herself.

Even the milk of a healthy wet-nurse acts differently,

and less beneficially, upon the child than the mother's *own* milk. The ages of the mother and of the wet-nurse, the ages of her own and the latter's infant, the constitutions of the one and of the other, the adaptability of a mother's milk for her *own* particular child—all tend to make a foster-mother not so desirable a nurse as the mother herself. Again, a mother can not, at all times, get to the antecedents of a wet-nurse; and if she can, they will not always bear investigation.

With regard to the ages of the mother and of the wet-nurse—for instance, as a wet-nurse's milk is generally a few weeks older than the mother's own milk, the wet-nurse's milk may, and frequently does, produce costiveness of the bowels of her foster-child; while, on the other hand, the mother's own milk, being in age just adapted to her babe's, may and generally does keep her own infant's bowels regular. The milk, according to the age of the child, alters in properties and qualities to suit the age, constitution, and acquirements of her baby—adapting itself, so to speak, to his progressive development. Hence the importance of a mother, if possible, suckling her own child.

A babe who is suckled by a mother who lives grossly, is more prone to disease, particularly to skin and to inflammatory complaints, and to disease which is more difficult to subdue.

Do not let me be misunderstood: I am not advocating that a mother should be fussily particular—by no means. Let her take a variety of food, both animal and vegetable; let her from day to day vary her diet; let her ring the changes on boiled and stewed, on grilled and roast meats; on mutton and lamb and beef; on chicken and game and

fish; on vegetables, potatoes, and turnips; on broccoli and cauliflower, on asparagus and peas (provided they are young and well boiled), and French beans. "The maxim of the greatest importance in reference to the materials of human food is, mixture and variety—a maxim founded, as has been stated, upon man's omnivorous nature. Animal and vegetable substances, soups and solid meat, fish, flesh, and fowl, in combination or succession, ought, if due advantage is to be taken of the health-sustaining element in food, to form the dietary of every household."

But what I object to a nursing mother taking are—gross meats, such as goose and duck; highly salted beef; shell-fish, such as lobster and crab; rich dishes; *highly-seasoned* soup; pastry, unless it be plain; and cabbages and greens and pickles, if found to disagree with the baby; and with any other article of food which is either rich, or gross, or indigestible, and which, from experience, she has found to disagree either with herself or with her child. It will be seen, therefore, from the above catalogue, that my restrictions as to diet are limited, and are, I hope, founded both on reason and on common-sense.

A moderate quantity—say a tumblerful—either of fresh *mild* ale or of porter will generally be found the best beverage both for dinner and for supper. There is much more nourishment in either ale—home-brewed—or in porter, than in wine; therefore, for a nursing mother, either ale or porter is far preferable to wine. Wine, if taken at all, ought to be used very sparingly, and then not at the same meal with the porter or ale. In the higher ranks of life, where a lady is in the habit of drinking wine, it is necessary to continue it, although the quantity should not be increased, and ought never to exceed a couple

of glasses—dry sherry being the best wine for the purpose.

A nursing mother is subject to thirst. When such be the case, she ought not to fly either to beer or to wine to quench it; this will only add fuel to the fire. The best beverages will be either toast and water, milk and water, barley-water, barley-water and new milk (in equal proportions), or black tea, either hot or cold. Cold black tea is a good quencher of thirst.

A lady who is nursing, is at times liable to fits of depression. Let me strongly urge the importance of her abstaining from wine and from all other stimulants as a remedy; they would only raise for a time her spirits, and then would depress them in an increased ratio. Either a drive in the country, or a short walk, or a cup of tea, or a chat with a friend, would be the best medicine. The diet should be good and nourishing; plenty of bread and plenty of meat should be her staple food, in addition to which Du Barry's *Arabica Revalenta*, made either with fresh milk or with cream and water, is, in these cases, most useful and sustaining. The best time for taking it is either for luncheon or for supper. A lady subject to depression should bear in mind, that she requires nourishment, not stimulants,—that much wine and spirits might cheer her for the moment, but will assuredly depress her afterward. Depression always follows overstimulation; wine and spirits therefore, in such a case, if taken largely, are false and hollow friends. It is necessary to bear the above facts in mind, as there are many advocates who strongly recommend, in a case of this kind, a large consumption of wine and brandy. Such men are at the present moment, doing an immense deal of mischief;

they are, in point of fact, inducing and encouraging drunkenness.

Spirits—brandy, rum, gin, and whisky—are, during suckling, injurious; I may even say that they are insidious poisons to the parent, and, indirectly, to the child.

When an infant is laboring under an inflammatory complaint, a nursing mother ought not to take stimulants, such as either ale or wine. In a case of this kind, toast and water will, for her dinner, be the best beverage, gruel for her supper, and black tea—not coffee, as it would be too stimulating—both for her breakfast and tea.

FRESH AIR AND EXERCISE.

Out-door exercise during suckling can not be too strongly insisted upon; it is the finest medicine both for babe and mother. Whenever the weather will admit, it must be taken. It is utterly impossible for a nursing mother to make good milk, unless she do take an abundance of exercise and breathe plenty of fresh air.

Whatever improves the health of the mother, of course at the same time benefits the child: there is nothing more conducive to health than an abundance of out-door exercise. It often happens that a mother who is nursing, seldom leaves her house; she is a regular fixture; the consequence is, both she and her babe are usually delicate and prone to sickness.

A mother ought not, *immediately* after taking exercise, to nurse her infant, but wait for half an hour. Nor should she take *violent* exercise, as it would be likely to disorder the milk.

Carriage exercise, if the weather be hot and sultry, is preferable to walking; if that be not practicable, she

ought to have the windows thrown wide open, and should walk about the hall, the landings, and the rooms, as she would by such means avoid the intense heat of the sun. Although carriage exercise during intensely hot weather is preferable to walking exercise, yet, notwithstanding, walking must, during some portion of the day, be practiced. There is no substitute, as far as health is concerned, for walking. Many ailments that ladies now labor under could be walked away; and really it would be a pleasant physic—far more agreeable than pills and potions!

THE POSITION OF A MOTHER DURING SUCKLING

Good habits are as easily formed as bad ones. A mother, when in bed, ought always to suckle her child while she is lying down. The sitting up in bed, during such times, is a fruitful source of inflammation and of gathering of the breasts. Of course, during the day the sitting-up position is the best. Let me caution her not to nurse her baby in a half-sitting and in a half-lying posture; it will spoil her figure, disturb her repose, and weaken her back.

THE TEMPER.

Passion is injurious to the mother's milk, and consequently to the child. Sudden joy and grief frequently disorder the infant's bowels, producing griping, looseness, etc.; hence, a mother who has a mild, placid temper, generally makes an excellent nurse, on which account it is a fortunate circumstance that she is frequently better tempered during suckling than at any other period of her life; indeed, she usually, at such times, experiences great joy and gladness.

The happiest period of a woman's existence is, as a rule, when she first becomes a mother. "The pleasure of the young mother in her babe is said to be more exquisite than any other earthly bliss."

It is an old, and, I believe, a true saying, that the child inherits the temper of his mother or of his wet-nurse. This may be owing to the following reasons: If the mother or the wet-nurse be good-tempered, the milk will be more likely to be wholesome, which will, of course, make him more healthy, and consequently better tempered.

While, on the other hand, if the mother or the nurse be of an irritable, cross temper, the milk will suffer, and will thus cause disarrangement to his system; and hence, ill health and ill temper will be likely to ensue. We all know the influence that good or bad health has on the temper.

An important reason, then, why a nursing mother is often better tempered than she is at other times, is, she is in better health, her stomach is in a healthier state.

"A good digestion turneth all to health."

There is an old and a true saying, "that it is the stomach that makes the man," and if the man, the woman.

"Your stomach makes your fabric roll,
Just as the bias rules the bowl."

OCCUPATION.

I strongly recommend a nursing mother to attend to her household duties. She is never so happy, nor so well, as when her mind is moderately occupied at something

useful. She never looks so charming as when she is attending to her household duties:

> "For nothing lovelier can be found
> In woman, than to study household good."

I do not mean, by occupation, the frequenting of balls, of routs, or of parties: a nursing mother has no business to be at such places; she ought to devote herself to her infant and to her household, and she will then experience the greatest happiness this world can afford.

One reason why the poor make so much better nursing mothers than the rich is the former having so much occupation; while the latter, having no real work to do, the health becomes injured, and in consequence the functions of the breasts suffer; indeed, many a fashionable lady has no milk at all, and is, therefore, compelled to delegate to a wet-nurse one of her greatest privileges and enjoyments.

What would not some rich mother give for the splendid supply of milk—of healthy, nourishing, life-giving milk—of the poor woman who has to labor for her daily bread!

What is the reason that wealthly ladies so frequently require wet-nurses? The want of occupation! And from whom do they obtain the supply of wet-nurses? From the poor women who have no lack of occupation, as they have to labor for their daily food, and have in consequence the riches of health, though poor in this world's goods.

Bear this in mind, ye wealthy, and indolent, and pampered ladies! and alter your plans of life, or take the consequences, and still let the poor women have the healthy, the chubby, the rosy, the laughing children; and you, ye

rich ones, have the unhealthy, the skinny, the sallow, the dismal little old men and women who are constantly under the doctor's care, and who have to struggle for their very existence! "Employment, which Galen calls 'nature's physician,' is so essential to human happiness, that Indolence is justly considered as the mother of misery."

Occupation, then—bustling occupation, real downright work, either in the form of out-door exercise, or of attending to her household duties—a lady, if she desire to have a good breast of milk, ought to take; if, in point of fact, she wishes to have healthy children. For the Almighty is no respecter of persons. And he has ordained that work shall be the lot of man and of woman too? It is a blessed thing to be obliged to work. If we do not work, we have all to pay a heavy penalty in the form of loss of both health and happiness. "For work is the grand cure of all the maladies and miseries that ever beset mankind—honest work, which you intend getting done."

A mother who is listless and idle, lolling either the greater part of every day in an easy chair, or reclining on a sofa in a room where a breath of air is not allowed to enter, usually makes a miserable and a wretched nurse. She is nervous, dyspeptic, and emaciated; having but little milk, and that little of a bad quality, her baby is puny, pallid, and unhealthy, and frequently drops into an untimely grave. Occupation, then, with fresh air and exercise, is indispensable to a mother who is suckling.

AILMENTS, ETC.

The Nipple.—A *good* nipple is important both to the comfort of the mother and to the well-doing of the child.

One, among many, of the ill-effects of stays and of cor-

sets is the *pushing-in of the nipples;* sore nipples, and consequent suffering, are the result. Moreover, a mother thus circumstanced may be quite unable to suckle her infant; and then she will be severely punished for her ignorance and folly; she will be compelled to forego the pleasure of nursing her own children, and she will be obliged to delegate to hirelings her greatest privilege! Ladies who never wear stays have much better nipples, and more fully-developed bosoms; hence such mothers are more likely to make better nurses to their babies. There is no doubt that the pressure of the stays on the bosom tends both to waste away the gland of the breast (where the milk is secreted), and to cause the nipple either to dwindle or to be pushed in, and thus to sadly interfere with its functions. I should strongly advise every mother who has daughters old enough to profit by it, to bear this fact in mind, and thus to prevent mischief when mischief might be prevented, by not allowing them, when young, to wear stays.

Treatment of very small and drawn-in nipples.—The baby ought to suck through the intervention of an India-rubber teat, fastened on a box-wood shield, or through an India-rubber teat and shield, made entirely of India-rubber. The India-rubber teat must, before it is used, be softened by dipping it in warm, but not in hot water. I have known many mothers able to suckle their children with this contrivance who otherwise would have been obliged either to have weaned them, or to have procured the assistance of a wet-nurse. The above aid, in the generality of instances, will enable the infant to suck with ease. After this has for a time been used, the nipples will be so improved as to render the continuance of it unnecessary.

Of course I do not advise the use of an India-rubber teat until a fair trial has been given by applying the babe at *once* to the nipple; but if he can not draw out the nipple, then, rather than wean him, or than employ a wet-nurse, let the teat be tried.

Remember, as soon as the nipple be sufficiently drawn out, which in all probability it will in a few days, the teat ought to be dispensed with. In such a case, when the infant is not at the breast, a metallic nipple shield should be worn. Small and bad nipples have, by the wearing of these shields, frequently been drawn out and made good ones; the dress will suffice to keep them in their places.

Sore Nipples.—If a lady, during the latter few months of her pregnancy, were to adopt the plan recommended in paragraph, p. 222, sore nipples, during the period of suckling, would not be so prevalent as they now are.

A sore nipple is frequently produced by the injudicious custom of allowing the child to have the nipple almost constantly in his mouth. Stated periods for suckling ought to be strictly adopted. Another frequent cause of a sore nipple, is from the babe having the thrush. It is a folly to attempt to cure the nipple without at the same time curing the mouth of the infant.

Treatment.—One of the best remedies for a sore nipple is the following powder:

Take of—Biborate of Soda, one drachm;
Powdered Starch, seven drachms:
Mix.—A pinch of the powder to be frequently applied to the nipple.

Dr. A. Todd Thomson's—my old preceptor—remedy for sore nipple is a very good one; it is as follows:

Take of—Finely-powdered Gum Arabic, half an ounce;
Powdered Alum, five grains:

EMPRESS JULIA DOMNA.
Roman Type.

ISABELLA ALBRIZZI.
Italian Type.

A GREEK MAIDEN.
Greek Type.

QUEEN CHRISTINA.
Scandinavian Type.

WOMAN'S BEAUTY.—FEMININE TYPES.

To be well mixed together in a mortar to make a powder, of which a pinch should either be sprinkled over the nipple, or it may be applied to the part by means of a camel's-hair brush every time directly after the child has done sucking. Let the brush, covered with the dry powder, gently sweep over the sore nipple.

As there is nothing in either of the above powders injurious to the infant, the powder, before applying him to the breast, ought not to be wiped off; indeed, either the one or the other of the powders (the former one especially, as it contains borax) is likely to be of service in preventing or in curing the sore mouth of the child.

If the above powders should not have the desired effect (efficacious though they usually are), "a liniment composed of equal parts of glycerin and of brandy" (say a vial containing two drachms of each) ought to be tried, which must be shaken up just before using. It should, by means of a camel's-hair brush, every time directly after the baby has been suckled, be painted on the nipple. A piece of either old soft cambric or lawn, about the size of the palm of the hand, snipped around to make it fit, ought then to be moistened in the glycerin and the brandy, and should be applied to each of the sore nipples, and worn (until they are cured) whenever the child is not at the breast. These applications will be found of much service and of great comfort, and will act as nipple shields, protecting and healing the nipples. A soft sponge of warm water may be gently applied to the nipple just before putting the child to the bosom.

If the above remedies should not succeed in curing the sore nipple, then she ought to try Dr. Wansbrough's Metallic Nipple Shield (as recommended previously for small and drawn-in nipples), and should, whenever the babe is not sucking, constantly wear it on the nipple. It is very

cooling and healing, and keeps off all pressure from the clothes. It will frequently cure a sore nipple when other remedies have failed. The shield may be procured of any respectable surgical instrument-maker.

Cracked and fissured nipples.—Sometimes the nipple is sore from having either cracks or fissures upon it. These cracks or fissures may attack any part of the nipple, but are very apt to form where the nipple joins the breast; and, when very severe, an ignorant nurse, who is always fond of dealing in the marvelous, declares that the child has nearly bitten the nipple off! *Treatment.*—Now, the best remedy for a *cracked* and *fissured* nipple is for the infant, until the cracks and fissures are cured, to suck through the intervention of an India-rubber teat and shield; and every time, directly after the babe has been put to the nipple, to apply to the parts affected either neat brandy or the glycerin and brandy liniment, as I have before recommended. When the child is not at the breast, Dr. Wansbrough's Nipple Shields should be worn; the dress will keep them in their places.

Another cause of a sore nipple is from the mother, after the babe has been sucking, putting up the nipple wet. She, therefore, *ought always to dry the nipple*—not by rubbing it, but by dabbing it with either a soft cambric or lawn handkerchief, or with a piece of soft linen rag (one or other of which ought always to be at hand), every time directly after the infant has done sucking, and just before applying either of the above powders or liniments to the nipple.

When the nipple is very sore, a mother, whenever the child is put to the bosom, suffers intense pain. This being the case, she had better suckle him through the inter-

vention of an India-rubber teat, properly fastened on a shield, as before recommended. But she ought never to use an India-rubber teat unless it be absolutely necessary—that is to say, if the nipple be only *slightly* sore, she should not, on any account, apply it; but there are cases where the nipple is so *very* sore that a mother would have to give up nursing if the shield and teat were not used; these, and very small and drawn-in nipples, are the only cases in which an India-rubber teat and shield is admissible.

A nursing mother is sometimes annoyed by the milk *flowing constantly away*, making her wet and uncomfortable. All she can do, under such circumstances, is to wear nipple-glasses, and to apply a piece of flannel to the bosom, which will prevent the milk from chilling her, and will thus do away with the danger of her catching cold, etc.

The breast.—A mother ought, before applying the infant to the bosom, to carefully ascertain if there be milk. This may readily be done by squeezing the nipple between the finger and the thumb. If there be *no* milk, she must wait until the milk be secreted, or serious consequences both to her and to him might ensue: to the former, inflammation of the bosom, and sore nipples; to the latter, thrush, diarrhea, and eruptions on the skin.

If there be a supply of milk in the breast, and if still the child will not suck, the medical man's attention ought to be drawn to the fact, in order that he may ascertain whether the child be tongue-tied; if he be, the mystery is explained, and a trifling, painless operation will soon make all right.

If the *bosoms be full and uneasy*, they ought, three or four times a day, to be well although tenderly rubbed

with olive oil and *eau de Cologne* (equal parts of each, mixed in a vial). Some nurses rub with their fingers only. Now, such rubbing does harm. The proper way to apply friction is to pour a small quantity of the oil and *eau de Cologne*—first shaking the bottle—into the palm of the hand, the hand being warm, and then to well rub the breasts, taking care to use the whole of the inside of the hand.

After the bosoms have been well rubbed, each ought to be nicely supported with a large, soft folded silk handkerchief; each handkerchief must pass *under* each breast and *over* the shoulders, and should be tied at the back of the neck, thus acting as a sling.

If the bosoms be very uncomfortable, young cabbage-leaves (with the "veins" of each leaf cut level to the leaf) ought, after each application of the oil and *eau de Cologne*, to be applied; or a large, warm, white bread and milk and olive oil poultice ought to be used, which must be renewed three or four times a day. The way to make the poultice is as follows: A thick round of bread should be cut from a white loaf; the crust should be removed; the crumb ought to be cut into pieces about an inch square, upon which boiling-hot new milk should be poured; it ought to be covered over for ten minutes; then the milk should be drained off, and the olive oil—previously warmed by placing a little in a teacup on the hob—should be beaten up by means of a fork with the moistened bread until it be of the consistence of a soft poultice. It ought to be applied to the bosom as hot as it can comfortably be borne.

Gathered breast.—A gathered bosom, or "bad breast," as it is sometimes called, is more likely to occur after a

first confinement and during the *first* month. Great care, therefore, ought to be taken to avoid such a misfortune. A gathered breast is frequently owing to the carelessness of a mother in not covering her bosoms during the time she is suckling. Too much attention can not be paid to keeping the breasts *comfortably* warm. This, during the act of nursing, should be done by throwing either a shawl or a square of flannel over the neck, shoulders, and bosoms.

Another cause of a gathered breast arises from a mother sitting up in bed to suckle her baby. An infant ought to be accustomed to take the bosom while he is lying down; if this habit be not at first instituted, it will be difficult to adopt it afterward. Good habits may be taught a child from the very earliest period of his existence.

A sore nipple is another fruitful cause of a gathered breast. A mother, in consequence of the suffering it produces, dreads putting the baby to it; she therefore keeps him almost entirely to the other bosom. The result is the breast with the sore nipple becomes distended with milk, which, being unrelieved, ends in inflammation, and subsequently in gathering.

The *fruitless* attempt of an infant to procure milk when there is very little or none secreted, is another and a frequent cause of a gathered bosom. Dr. Ballard, in his valuable little work before quoted, considers this to be the *principal* cause of a gathered breast; and as the subject is of immense importance, I can not do better than give it in his own words, more especially as he has the merit of originating and of bringing the subject prominently before his professional brethren. He says: "This (mammary abscess or gathered breast) is another form of

disease entirely referable to the cause under consideration (fruitless sucking). In the case last related, the formation of mammary abscess (gathered breast) was only just prevented by arresting any further irritation of the breast by suckling; and since I have kept careful notes of my cases, I have observed that in all instances of abscess there has been abundant evidence of a demand being made upon the gland for a supply of milk beyond that which it had the power of secreting. If the child *only* has been kept to the breast, then *it* has suffered with disordered bowels; but in the majority of cases an additional irritation has been applied; the commonly received doctrine that a turgid breast is necessarily overloaded with milk, leads mothers and nurses to the use of breast-pumps, exhausted bottles, or even the application of the powerful sucking powers of the nurse herself, to relieve the breasts of their supposed excess; and it is this extraordinary irritation which, in the majority of cases, determines the formation of an abscess (gathering). Sometimes these measures are adopted to remove the milk when a woman is not going to suckle, and then an abscess not unfrequently is established. I have previously alluded to the mistake into which mothers and nurses are led by the appearance of a swollen breast; it is not evidence that the gland can secrete freely, and it is in this turgid state that the excessive irritation tells most severely. This hyperæmic (plethoric) condition seems to be a step toward inflammation, and the irritation supplies that which is wanting to complete the process. If a woman will only remove the child from the breast directly the act of sucking produces pain, she may be pretty sure to avoid abscess. So long as the milk can be obtained there is no

pain." The above most valuable advice deserves great attention, and ought to be strictly followed.

How is a patient to know that she is about to have a gathered bosom?—There are two forms of gathered breast; one being of vast, and the other of trifling importance. The first, the serious one, consists of gathering of the *structure of the gland* of the breast itself; the latter, merely of the *superficial part* of the bosom, and ought to be treated in the same manner as any other *external* gathering, with warm poultices.

In the *mild* or superficial kind of gathered bosom, the mother may still persevere in suckling her child, as the secreting portion of the breast is not at all implicated in the gathering; but in the *severe* form, she ought not, on any account whatever, to be allowed to do so, but should instantly wean her child from the affected side. The *healthy* breast she may still continue to nurse from.

The *important* form of a gathered breast I will now describe: A severe gathered bosom is always ushered in with a shivering fit. Let this fact be impressed deeply upon my reader's mind. This shivering is either accompanied or followed by sharp lancinating pains of the bosom. The breast now greatly enlarges, becomes hot, and *is very painful.* The milk in the affected bosom either lessens or entirely disappears. If the child be applied to the breast (which he ought not to be), it gives the mother *intense* pain. She is now feverish and ill; she loses her strength and appetite, and is very thirsty.

A medical man must, at the very *onset* of the shivering fit, be sent for; and he will, in the generality of instances, be able to prevent such a painful and distressing occurrence as a gathered breast. If twelve hours be allowed

to elapse after the shivering has taken place, the chances are that the gathering can not altogether be prevented; although, even then, it may, by judicious treatment, be materially lessened and ameliorated.

We sometimes hear of a poor woman suffering dreadfully for months, and of her having a dozen or twenty holes in her bosom! This is generally owing to the doctor not having been sent for *immediately* after the shivering. I, therefore, can not too strongly insist, under such circumstances, upon a mother obtaining *prompt* assistance, not only to obviate present suffering, but, at the same time, to prevent the function of the breast from being injured, which it inevitably, more or less, will be, if the *important* form of gathering be allowed to take place.

When a nursing mother *feels faint*, she ought *immediately* to lie down and to take a little nourishment; either a crust of bread and a draught of ale or of portor, or a glass of wine, or a cup of tea with the yolk of an egg beaten up in it, either of which will answer the purpose extremely well. Brandy, or any other spirit, I would not recommend, as it will only cause, as soon as the *immediate* effects of the brandy are gone off, a greater depression to ensue; not only so, but the *frequent* taking of brandy might become a habit—a necessity which would be a calamity deeply to be deplored!

A mother is sometimes faint from suckling her child too often, she having him almost constantly at the bosom. So long, of course, as she continues this foolish practice, she must expect to suffer from faintness.

Aperients, etc., during suckling.—Strong purgatives, during this period, are highly improper, as they are apt to give pain to the infant as well as to injure the mother.

If it be absolutely necessary to give an aperient, the mildest, such as a dose of castor oil, should be chosen.

If she can not take oil, then she should apply it *externally* to the bowels as a liniment, as recommended on page 207.

An enema, either of warm water, or of gruel, oil, and table-salt, applied by means of a good self-injecting enema apparatus, is in such a case an excellent—indeed, the very best—method of opening the bowels, as it neither interferes with the digestion of the mother nor of the child.

The less opening medicine, whatever be the kind, a mother who is suckling takes, the better will it be both for herself and for her babe. Even castor oil, the least objectionable, during suckling, of aperients, if she once begin to take it *regularly*, the bowels will not act without it, and a wretched state of things is established. No, if the bowels will not act, an enema is by far the best remedy; you can never do any harm, either to the mother or to the babe, by the administration of an enema; it will neither induce future constipation, nor will it interfere with the digestion of the mother, nor with the bowels, nor with the health of the infant.

When a lady who is nursing is habitually costive, she ought to eat brown instead of white bread. This will, in the majority of cases, enable her to do without an aperient. The brown bread may be made by mixing one part of bran and three parts of fine wheaten flour together, and then making it in the usual way into bread. Treacle instead of butter on the brown bread increases its efficacy as an aperient.

Either stewed prunes or stewed French plums are an excellent remedy to prevent constipation. The patient

ought to eat, every morning, a dozen or fifteen of them. The best way to stew either prunes or French plums is the following: Put a pound, either of prunes or of French plums, and two tablespoonfuls of *raw* sugar, into a brown jar; cover them with water, put them into a slow oven, and stew them for three or four hours. Both stewed rhubarb and stewed pears often act as mild or gentle aperients. Muscatel raisins, eaten at dessert, will oftentimes, without medicine, relieve the bowels.

A Bee-master in *The Times*—or, as he is usually called, *The Times* Bee-master—has satisfactorily proved that honey—pure honey—is most wholesome and beneficial to the human economy. He recommends it to be occasionally eaten in lieu of butter for breakfast. Butter, in some localities, and in some seasons of the year, is far from good and wholesome.

The Germans are in the habit of eating for breakfast and for tea a variety of fruit jams instead of butter with their bread. Now, if the bowels be costive, jam is an excellent substitute for butter. The Scotch, too, scarcely ever sit down either to breakfast or tea without there being a pot of marmalade on the table. English ladies, in this matter, may well take a leaf out of the books of the Germans and of the Scotch.

A basinful of gruel, made either with Robinson's Patent Groats, or with the Derbyshire oatmeal, sweetened with *brown* sugar, every night for supper, will often supersede the necessity of giving opening medicine. A tumblerful of cold spring water—cold from the pump—taken *early* every morning, sometimes effectually relieves the bowels. Coffee ought to be substituted for tea for breakfast, as coffee frequently acts as an aperient, more especially if

the coffee be sweetened with brown sugar. A glass of sherry should be taken every day *during* dinner, as, if the bowels be sluggish, it sometimes stimulates them to action. I should strongly recommend a patient, in such a case, to eat a great variety of food, and to let the *vegetable* element predominate. *Much* meat encourages constipation. Fruit—Muscatel raisins especially—farinaceous food, coffee, and a variety of vegetables, each and all incite the bowels to do their duty.

Although a nursing mother ought, more especially, if she be costive, to take a variety of *well-cooked* vegetables—such as potatoes, asparagus, broccoli, cauli-flower, French beans, stewed celery, and turnips; she should avoid eating greens, cabbage, and pickles, as they would be likely to affect the baby, and might cause him to suffer from gripings, pain, and "looseness" of the bowels.

The "wet compress" is another excellent method of opening the bowels. The way of applying it is as follows. Fold a large napkin a few thicknesses until it is about half a foot square; then dip it in *cold* water and place it over the bowels; over which apply either oil-skin or gutta-percha skin, which should be, in order to exclude the air, considerably larger than the folded napkin. It should be kept in its place by means of either a bolster-case or a broad bandage, and must be applied at bedtime, and ought to remain on for three or four hours, or until the bowels be opened.

Let me again—for it can not be too urgently insisted upon—strongly advise a nursing mother to use every means in the way of diet, etc., to supersede the necessity of the taking of opening medicine, as the repetition of aperients injures, and that severely, both mother and

child. Moreover, the more opening medicine a person swallows, the more she requires; so that if she once get into the habit of regularly taking aperients, the bowels will not act without them. What a miserable existence, to be always swallowing physic!

If a lady, then, during the period of suckling, were to take systematic exercise in the open air; to bustle about the house and to attend to her household duties; if she were to drink, the moment she awakes in the morning, a tumbler of *cold* water, and every day *during* dinner a glass of sherry; if she were to substitute *brown* bread for *white* bread, and *coffee* for *tea* at breakfast, and *brown* for *white* sugar; if she were to vary her food, both animal and vegetable, and partake plentifully of sound ripe fruit; if she were to use an abundance of *cold* water to her skin; if she were, occasionally, at bedtime, to apply a "wet compress" to her bowels, and to visit the water-closet daily at one hour; if she were—even if the bowels were not opened for four or five days—*not* to take an aperient of any kind whatever, and avoid quacking herself with physic; in short, if she would adopt the above safe and simple remedies, which are in the reach of all, she would not suffer so much from costiveness, which is frequently the bane, the misery, and the curse of her existence! But then, to get the bowels into a proper and healthy state, it would take both time and trouble; and how readily can a couple of pills be swallowed, and how quickly they act, and how soon they have to be repeated; until at length the bowels will not act at all unless goaded into action, and the pills become a necessity! Oh, the folly and the mischief of such a system!

WEANING.

There is an old saying, "that a woman should carry her child nine months, and should suckle him nine months." It is well known that the first part of the old adage is correct, and experience has proved the latter to be equally so. If a babe be weaned *before* he be nine months, he loses that muscular strength which the breast-milk alone can give; if he be suckled *after* he be nine months, he becomes flabby, weak, and delicate. "It is generally recognized that the healthiest children are those weaned at nine months complete. Prolonged nursing hurts both child and mother; in the child, causing a tendency to brain disease, probably through disordered digestion and nutrition; in the mother, causing a strong tendency to deafness and blindness. It is a very singular fact, to which it is desirable that attention were paid, that in those districts of Scotland—viz: the Highland and insular—where the mothers suckle their infants from fourteen to eighteen months, deaf-dumbness and blindness prevail to a very much larger extent among the people than in districts where nine or ten months is the usual limit of the nursing period.

The time, then, when an infant ought to be weaned.—"This, of course, must depend upon the strength of the child, and upon the health of the mother: nine months on an average is the proper time. If she be delicate, it may be found necessary to wean him at six months; or if he be weak, or laboring under any disease, it may be well to continue suckling him for twelve months; but after that time the breast will do him more harm than good, and will, moreover, injure the mother's health.

If he be suckled after he be twelve months old, he is

generally pale, flabby, unhealthy, and rickety; and the mother is usually nervous, emaciated, and hysterical. A child who is suckled beyond the proper time, more especially if there be any predisposition, sometimes dies either of water on the brain, or of consumption of the lungs, or of mesenteric disease.

The manner in which a mother ought to act when she weans her child.—"She must, as the word signifies, do it gradually—that is to say, she should by degrees give him less and less of the breast, and more and more of artificial food; she ought, at length, only to suckle him at night; and lastly, it would be well for the mother either to send him away, or to leave him at home, and for a few days to go away herself."

"A good plan is for the nurse to have in the bed a half-pint bottle of new milk, which, to prevent it from turning sour, has been previously boiled, so as to give a little to the child in lieu of the breast. The warmth of the body will keep the milk of a proper temperature; and will supersede the use of lamps, of candle-frames, and other troublesome contrivances."

If the mother be not able to leave home herself, or to send her child *from* home, she ought then to let the child sleep in another room, with some *responsible* person—I say *responsible* person, for a baby must not be left to the tender mercies of a giggling, thoughtless young girl.

If the mother, during the daytime, can not resist having her child in the room with her, then I should advise her to make a paste of aloes—that is to say, let her mix a little powdered aloes with a few drops of water, until it be of the consistence of paste—and let her smear it on the nipple every time just before putting him to the breast;

this will be *quite* enough for him; and one or two aloe applications to the nipple will make him take a disgust to the bosom, and thus the weaning will be accomplished. A mother need not be afraid that the aloes will injure her baby; the *minute* quantity he will swallow will do no harm; for the moment he tastes it, the aloes being extremely bitter, he will splutter it out of his mouth.

Another application for the nipple, to effect weaning, is wormwood. There are two ways of applying it, either (1) by sprinkling a very small pinch of powdered wormwood on the nipple; or (2) by bathing the nipple with a small quantity of wormwood tea just before applying the babe to it—either the one or the other of these plans will make him take a dislike to the breast, and thus the weaning will be accomplished. Wormwood is excessively bitter and disagreeable, and a slight quantity of it on the nipple will cause an infant to turn away from it with loathing and disgust—the wormwood, the minute quantity he will taste, will not at all injure him.

The best way of "*drying up the milk*" is to apply to each breast soap plaster (*emplastrum saponis*), spread on soft pieces of wash-leather, the shape and size of the top of a hat, with a round hole the size of a shilling in the middle of each to admit the nipple, and with a slit from the center to the circumference of each plaster to make a better fit. These plasters ought to be spread by a chemist.

When the child is once weaned, the breasts ought *not* to be drawn, as the drawing of them would cause them to secrete larger quantities of milk; if, therefore, the bosoms be ever so full or uncomfortable, a mother ought to leave them alone; she should wait patiently, and the milk will gradually diminish, and will at length disappear.

The drawing of the bosoms, during weaning, either by means of a breast-pump, or by the mouth, or by other like contrivances, has frequently caused gathered breasts. If not drawn, they scarcely, if ever, gather.

The foregoing plan of "drying up the milk" will generally in five or six days assuage the milk away; but if, at the end of three days, the bosoms still continue full and uncomfortable, the plasters should be removed, and the breasts ought, every four hours, to be well but tenderly rubbed with equal parts of olive oil and *eau de Cologne;* the nurse supporting the bosom, during such friction, with her other hand.

Let me impress the above important advice on a nursing mother's mind; it might save a great deal of after-suffering and misery.

It might be well to state that, after the child has been weaned, the milk does *not* always *entirely* leave the breast, not even for weeks, and, in some cases, not even for months; it is not of the slightest consequence, and requires no treatment to get rid of it.

A mother ought, during the period of weaning, to live abstemiously, and should drink as little as possible. In many cases, it is necessary to give, every morning, for two or three mornings, a few doses of mild aperient medicine, such as either a Seidlitz powder, or a teaspoonful of Henry's magnesia and a teaspoonful of Epsom salts in half a tumbler of warm water.

Symptoms denoting the necessity of weaning.—A mother sometimes can not suckle her child; the attempt bringing on a train of symptoms somewhat similar to the following: singing in the ears; dimness of sight; aching of the eyeballs; throbbing in the head; nervousness; hysterics;

Motive.

JAMES MONROE.

Well Balanced.

NAPOLEON BONAPARTE.

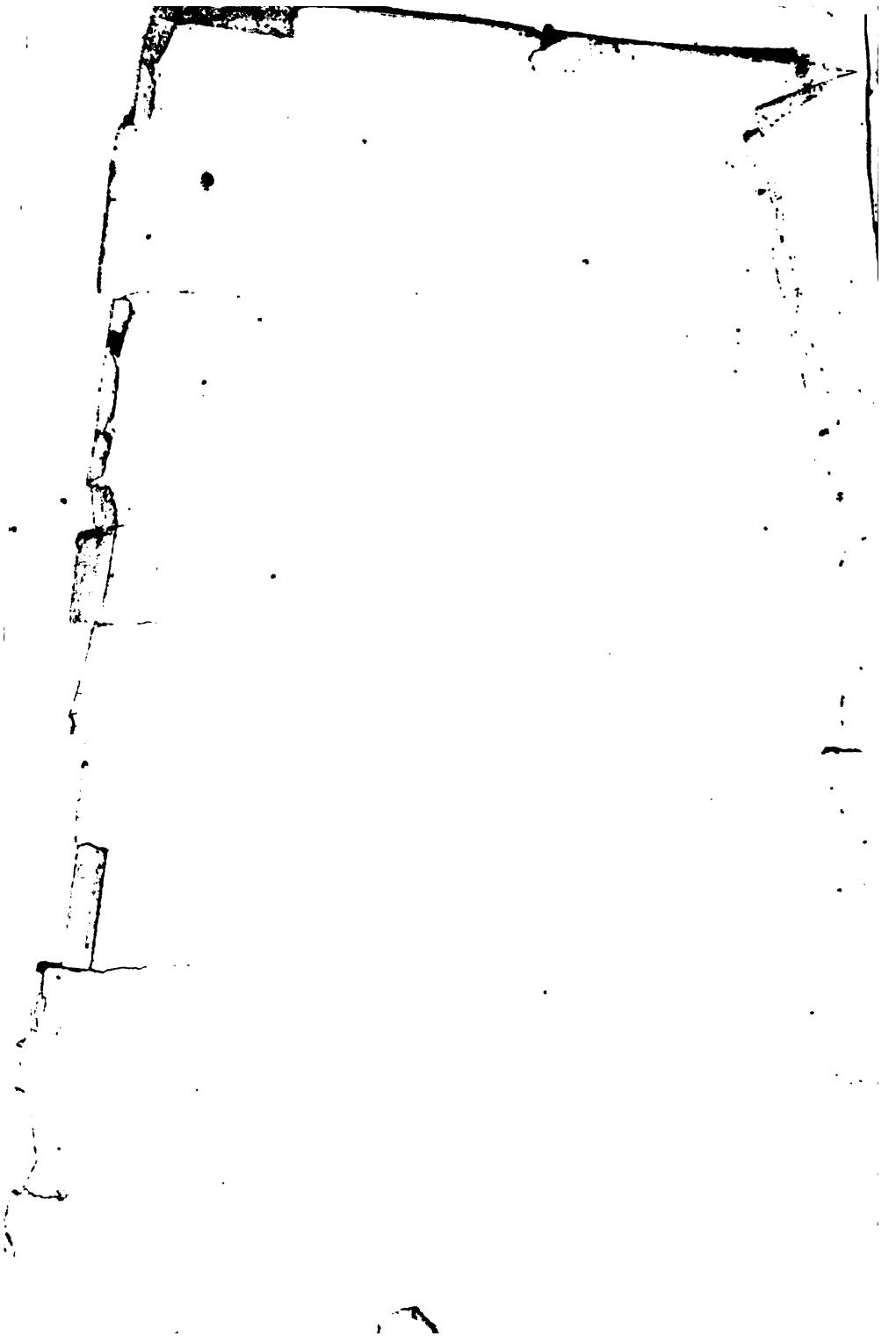
Vital.

SILAS WRIGHT.

Mental.

PROF. THOLUCK.

MAN'S STRENGTH.—TEMPERAMENTS.



tremblings; faintness; loss of appetite and of flesh; fluttering and palpitation of the heart; feelings of great exhaustion; indigestion; costiveness; sinking sensations of the stomach; pains in the *left* side; great weakness and dragging pains of the loins, which are usually increased whenever the infant is put to the bosom; pallor of the countenance; shortness of breath; swelling of the ankles.

Of course, every mother who is suffering from suckling does not have the *whole* of the above long catalogue of symptoms! But if she has three or four of the more serious of them, she ought not to disobey the warnings, but should discontinue nursing; although it may be necessary, if the babe himself be not old enough to wean, to obtain a healthy wet-nurse to take her place.

Remember, then, that if the above warning symptoms be disregarded, dangerous consequences, both to parent and child, might be the result. It might either throw the mother into consumption, or it might bring on heart disease; and, in consequence of his not being able to obtain sufficient or proper nourishment, it might cause the infant to dwindle and pine away, and, eventually, to die of water on the brain.

Soon after nine month's nursing "the monthly courses" generally return. This is another warning that the babe ought *immediately* to be weaned, as the milk will lessen both in quantity and in nourishment, and the child in consequence will become delicate and puny, and every day he is suckled will lose, instead of gain, ground. I have known many children, from protracted suckling, smaller at twelve months than they were at nine months; and well they might be, as, after nine months, the mother's

milk usually does them harm instead of doing them good, and thus causes them to dwindle away.

At another time, although the above train of symtoms does not occur, and not withstanding she may be in perfect health, a mother may not be able to suckle her baby. Such a one usually has very small breasts, and but little milk in them, and if she endeavor to nurse her infant, it produces a *violent aching* of the bosom. Should she disregard these warnings, and should still persevere, it might produce inflammation of the breast, which will probably end in a gathering.

An obstinate sore nipple is sometimes a symptom denoting the necessity of weaning.—When the nipples are, and, notwithstanding judicious treatment, persistently for some time continue, very sore, it is often an indication that a lady ought to wean her baby. Long-continued, obstinate sore nipples frequently occur in a delicate woman, and speak, in language unmistakable, that the child, as far as the mother herself is concerned, must be weaned. Of course, if the infant be not old enough to wean, when practicable a wet-nurse ought to take the mother's place. If the above advice were more frequently followed than it is, gathered breasts, much suffering, and broken health would not so frequently prevail as they now do.

If a mother be predisposed to consumption; if she has any of the above complaints or symptoms, she ought not on any account to suckle her child, but should by all means procure a healthy wet-nurse.

Occasionally a mother suckles her infant when she is pregnant. This is highly improper as it not only injures her own health, and may bring on a miscarriage, but it

is also prejudicial to the baby, and may produce a delicacy of constitution from which he might never recover.

In conclusion, I fervently hope that this book will, through God's blessing, be to my fair reader, during the whole period of her wifehood, a friend in her need, a guide in her difficulties, and a silent but trusty counselor in all things pertaining to her health. I sincerely trust that it will give her as much pleasure in the reading of these pages as it has given me in the writing of them.

Ere yet her child hath drawn its earliest breath,
A mother's love begins—it grows till death!
Lives before life, with death not dies, but seems
The very substance of immortal dreams.
—*Anonymous.*

There are smiles and tears in the mother's eyes,
For her new-born infant beside her lies;
Oh, heaven of bliss! when the heart overflows
With the rapture a *mother* only knows!
—*Henry Ware.*

It lay upon its mother's breast, a thing
Bright as a dew-drop when it first descends,
Or as the plumage of an angel's wing,
Where every tint of rainbow beauty blends.
—*Mrs. A. B. Welby.*

My heart grew softer as I gazed upon
That youthful mother, as she sooth'd to rest,
With a low song, her lov'd and cherish'd one,
The bud of promise on her gentle breast;
For 'tis a sight that angel ones above
May stoop to gaze on from their bowers of bliss,
When Innocence upon the breast of Love
Is cradled, in a sinful world like this.
—*Mrs. A. B. Welby.*

CHAPTER V.

CARE OF INFANT.

Ablution—Management of the Navel—Clothing—Diet—Vaccination—Dentition—Exercise—Sleep—The Bladder and the Bowels—Ailments, Disease, etc.—Concluding Remarks on Infancy.

1. *Is a new-born infant, for the first time, to be washed in warm or in cold water?*

Lukewarm *rain* water will be the best to wash him with. This, if it be summer, should have its temperature gradually lowered, until it be quite cold; if it be winter, a *dash* of warm water ought still to be added, to take off the chill.

It will be necessary to use soap—Castile soap being the best for the purpose—it being less irritating to the skin than the ordinary soap. Care should be taken that it does not get into the eyes, as it may produce either inflammation or smarting of those organs.

If the skin be delicate, or if there be any excoriation or "breaking-out" on the skin, then Glycerine soap, instead of the Castile soap, ought to be used.

2. *At what age do you recommend a mother to commence washing her infant in the tub or in the nursery basin?*

As soon as the navel-string comes away. Do not be afraid of water,—and that in plenty,—as it is one of the best strengtheners to a child's constitution.

3. *Which do you prefer—flannel or sponge—to wash a child with?*

For the first part of the washing a piece of flannel it very useful—that is to say, to use with the soap, and to loosen the dirt and the perspiration; but for the finishing-up process, a sponge—a large sponge—is superior to flannel, to wash all away, and to complete the bathing. A sponge cleanses and gets into all the nooks, corners, and crevices of the skin. Besides, sponge, to finish up with, is softer and more agreeable to the tender skin of a child than flannel.

4. *Ought that tenacious, paste-like substance, adhering to the skin of a new-born babe, to be washed off at the first dressing?*

It should, provided it be done with a soft sponge and with care. If there be any difficulty in removing the substance, gently rub it, by means of a flannel, either with a little lard, or fresh butter, or sweet-oil. After the parts have been well smeared and gently rubbed with the lard, or oil, or butter, let all be washed off together, and be thoroughly cleansed away, by means of a sponge and soap and warm water, and then, to complete the process, gently put him for a minute or two in his tub. If this paste-like substance be allowed to remain on the skin, it might produce either an excoriation or a "breaking-out." Besides, it is impossible, if that tenacious substance be allowed to remain on it, for the skin to perform its proper functions.

5. *Have you any general observations to make on the washing of a new-born infant?*

A babe ought, every morning of his life, to be thoroughly washed from head to foot; and this can only be

properly done by putting him bodily either into a tub or into a bath, or into a large nursery-basin half filled with water.

The ears must, after each ablution, be carefully and well dried with a soft dry napkin; inattention to this advice has sometimes caused a gathering in the ear—a painful and distressing complaint; and at other times it has produced deafness.

Directly after the infant is dried, all the parts that are at all likely to be chafed ought to be well powdered. After he is well-dried and powdered, the chest, the back, the bowels, and the limbs should be gently rubbed, taking care not to expose him unnecessarily during such friction.

With regard to the best powder to dust an infant with, there is nothing better for general use than starch—the old-fashioned starch *made of wheaten-flour*—reduced by means of a pestle and mortar to a fine powder; or Violet powder, which is nothing more than finely-powdered starch scented, and which may be procured of any respectable chemist.

6. *If the parts about the groin and fundament be excoriated, what is then the best application?*

After sponging the parts with tepid *rain* water, holding him over his tub, and allowing the water from a well-filled sponge to stream over the parts, and then drying them with a soft napkin (not rubbing, but gently dabbing with the napkin), there is nothing better than dusting the parts frequently with finely powdered Native Carbonate of Zinc. The best way of using this powder is, tying up a little of it in a piece of muslin, and then gently dabbing the parts with it.

Remember, excoriations are generally owing to the want of water—to the want of an abundance of water. An infant who is every morning well soused and well swilled with water, seldom suffers either from excoriations or from any other of the numerous skin diseases.

MANAGEMENT OF THE NAVEL.

7. *Should the navel-string be wrapped in* SINGED *rag?*

There is nothing better than a piece of fine old linen rag, *unsinged;* when singed, it frequently irritates the infant's skin.

8. *How ought the navel-string to be wrapped in the rag?*

Take a piece of soft linen rag, about three inches wide and four inches long, and wrap it neatly round the navel-string, in the same manner you would around a cut finger, and then, to keep on the rag, tie it with a few rounds of whity-brown thread. The navel-string thus covered should, pointing upward, be placed on the belly of the child, and must be secured in its place by means of a flannel belly-band.

9. *If, after the navel-string has been secured, bleeding should (in the absence of the medical man) occur, how must it be restrained?*

The nurse or the attendant ought immediately to take off the rag, and tightly, with a ligature composed of four or five whity-brown threads, retie the navel-string; and to make assurance doubly sure, after once tying it, she should pass the threads a second time around the navel-string and tie it again; and after carefully ascertaining that it no longer bleeds, fasten it up in the rag as before. Bleeding of the navel-string rarely occurs, yet, if it should

THOMAS CARLYLE.

H. W. LONGFELLOW.

J. LATHROP MOTLEY.

GEORGE BANCROFT.

MAN'S STRENGTH.—MASCULINE TYPES.

do so—the medical man not being at hand—the child's after-health, or even his life, may, if the above directions be not adopted, be endangered.

10. *When does the navel-string separate from the child?*

From five days to a week after birth; in some cases not until ten days or a fortnight, or even, in rare cases, not until three weeks.

11. *If the navel-string does not at the end of a week come away, ought any means to be used to cause the separation?*

Certainly not; it ought always to be allowed to drop off, which, when in a fit state, it will readily do. Meddling with the navel-string has frequently cost the babe a great deal of suffering, and in some cases even his life.

12. *The navel is sometimes a little sore after the navel-string comes away; what ought then to be done?*

A little simple cerate should be spread on lint, and be applied every morning to the part affected; and a white-bread poultice, every night, until it be quite healed.

13. *What are the causes of a rupture of the navel? What ought to be done? Can it be cured?*

(1.) A rupture of the navel is sometimes occasioned by a meddlesome nurse. She is very anxious to cause the navel-string to separate from the infant's body, more especially when it is longer in coming away than usual. She, therefore, before it is in a fit state to drop off, forces it away. (2.) The rupture, at another time, is occasioned by the child incessantly crying.

A rupture of the navel ought always to be treated early—the earlier the better. Ruptures of the navel can only be *cured* in infancy and in childhood. If it be al-

lowed to run on until adult age, a *cure* is impossible. Palliative means can then only be adopted.

14. *If a child has a groin rupture (an inguinal rupture), can that also be cured?*

Certainly, if, soon after birth, it be properly attended to. Consult a medical man, and he will supply you with a well-fitting truss, *which will eventually cure him.*

CLOTHING.

15. *What kind of belly-band do you recommend—a flannel or a calico one?*

I prefer flannel, for two reasons—first, on account of its keeping the child's bowels comfortably warm; and, secondly, because of its not chilling him (and thus endangering cold, etc.) when he wets himself. The belly-band ought to be moderately but not tightly applied, as, if tightly applied, it would interfere with the necessary movement of the bowels.

16. *When should the belly-band be discontinued?*

When the child is two or three months old. The best way of leaving it off is to tear a strip off daily for a few mornings, and then to leave it off altogether. "Nurses who take charge of an infant when the monthly nurse leaves, are frequently in the habit of at once leaving off the belly-band, which often leads to ruptures when the child cries or strains. It is far wiser to retain it too long than too short a time; and when a child catches whooping-cough while still very young, it is safer to resume the belly-band."

17. *Have you any remarks to make on the clothing of an infant?*

A baby's clothing ought to be light, warm, loose, and

free from pins. (1.) *It should be light,* without being too airy. Many infants' clothes are both too long and too cumbersome. (2.) *It should be warm,* without being too warm. The parts that ought to be kept warm are the chest, the bowels, and the feet. If the infant be delicate, especially if he be subject to inflammation of the lungs, he ought to wear a fine flannel, instead of his usual shirts, which should be changed as frequently. (3.) *The dress should be loose,* so as to prevent any pressure upon the blood-vessels, which would otherwise impede the circulation, and thus hinder a proper development of the parts.

18. *Is there any necessity for a nurse being particular in airing an infant's clothes before they are put on? If she were less particular, would it not make him more hardy?*

A nurse can not be too particular on this head. A baby's clothes ought to be well aired the day before they are put on, as they should *not* be put on warm from the fire. It is well, where it can be done, to let him have clean clothes daily. Where this can not be afforded, the clothes, as soon as they are taken off at night, ought to be well aired, so as to free them from the perspiration, and that they may be ready to put on the following morning. It is truly nonsensical to endeavor to harden a child, or any one else, by putting on damp clothes!

DIET.

19. *Are you an advocate for putting a baby to the breast soon after birth, or for waiting, as many do, until the third day?*

The infant ought to be put to the breast soon after

birth; the interest, both of the mother and of the child, demands it. It will be advisable to wait three or four hours, that the mother may recover from her fatigue; and then the babe must be put to the breast. If this be done, he will generally take the nipple with avidity.

It might be said that at so early a period there is no milk in the breast; but such is not usually the case. There generally is a *little* from the very beginning; which acts on the baby's bowels like a dose of purgative medicine, and appears to be intended by nature to cleanse the system. But, provided there be no milk at first, the very act of sucking not only gives the child a notion, but, at the same time, causes a draught (as it is usually called) in the breast, and enables the milk to flow easily.

Of course, if there be *no* milk in the breast—the babe having been applied once or twice to determine the fact—then you must wait for a few hours before applying him again to the nipple, that is to say, until the milk be secreted.

An infant who, for two or three days, is kept from the breast, and who is fed upon gruel, generally becomes feeble, and frequently, at the end of that time, will not take the nipple at all. Besides, there is a thick cream (similar to the biestings of a cow), which, if not drawn out by the child, may cause inflammation and gathering of the bosom, and, consequently, great suffering to the mother. Moreover, placing him *early* to the breast moderates the severity of the mother's after-pains, and lessens the risk of her flooding. A new-born babe must *not* have gruel given to him, as it disorders the bowels, causes a disinclination to suck, and thus makes him feeble.

20. *If an infant show any disinclination to suck, or if*

he appear unable to apply his tongue to the nipple, what ought to be done?

Immediately call the attention of a medical man to the fact, in order that he may ascertain whether he be tongue-tied. If he be, the simple operation of dividing the bridle of the tongue will remedy the defect, and will cause him to take the nipple with ease and comfort.

21. *Provided there be no milk* AT FIRST, *what ought then to be done?*

Wait with patience: the child (if the mother has no milk) will not, for at least twelve hours, require artificial food. In the generality of instances, then, artificial food is not at all necessary; but if it should be needed, one-third of new milk and two-thirds of warm water, slightly sweetened with loaf-sugar, (or with brown sugar, if the babe's bowels have not been opened), should be given, in small quantities at a time, every four hours, until the milk be secreted, and then it must be discontinued. The infant ought to be put to the nipple every four hours, but not oftener, until he be able to find nourishment.

If, after the application of the child for a few times, he is unable to find nourishment, then it will be necessary to wait until the milk be secreted. As soon as it is secreted, he must be applied, with great regularity, *alternately* to each breast.

I say *alternately* to each breast. *This is most important advice.* Sometimes a child, for some inexplicable reason, prefers one breast to the other, and the mother, to save a little contention, concedes the point, and allows him to have his own way. And what is frequently the consequence?—a gathered breast!

We frequently hear of a babe having no notion of suck-

ing. This "no notion" may generally be traced to bad management, to stuffing him with food, and thus giving him a disinclination to take the nipple at all.

22. *How often should a mother suckle her infant?*

A mother generally suckles her baby too often, having him almost constantly at the breast. This practice is injurious both to parent and to child. The stomach requires repose as much as any other part of the body; and how can it have it if it be constantly loaded with breast-milk? For the first month, he ought to be suckled about every hour and a half; for the second month, every two hours,—gradually increasing, as he becomes older, the distance of time between, until at length he has it about every four hours.

23. *Where the mother is* MODERATELY *strong, do you advise that the infant should have any other food than the breast?*

Artificial food must not, for the first three or four months, be given, if the parent be *moderately* strong; of course, if she be feeble, a *little* food will be necessary. Many delicate women enjoy better health while suckling than at any other period of their lives.

24. *What food is the best substitute for a mother's milk?*

The food that suits one infant will not agree with another. The one that I have found the most generally useful, is made as follows: Boil the crumb of bread for two hours in water, taking particular care that it does not burn; then add only a *little* lump-sugar (or *brown* sugar, if the bowels be costive), to make it palatable. When he is five or six months old, mix a little new milk—the milk of ONE cow—with it, gradually, as he

becomes older, increasing the quantity until it be nearly all milk, there being only enough water to boil the bread; the milk should be poured boiling hot on the bread. Sometimes the two milks—the mother's and the cow's milk—do not agree; when such is the case, let the milk be left out, both in this and in the foods following, and let the food be made with water instead of with milk and water. In other respects, until the child is weaned, let it be made as above directed; when he is weaned, good fresh cow's milk MUST, as previously recommended, be used. Or, cut thin slices of bread into a basin, cover the bread with *cold* water, place it in an oven for two hours to bake; take it out, beat the bread up with a fork, and then slightly sweeten it. This is an excellent food.

If a child's bowels be relaxed and weak, or if the motions be offensive, the milk *must* be boiled. The following is a good food when an infant's bowels are weak and relaxed: "Into five large spoonsful of the purest water rub smooth one desert-spoonful of fine flour. Set over the fire five spoonsful of new milk, and put two bits of sugar into it; the moment it boils, pour it into the flour and water, and stir it over a slow fire twenty minutes."

Broths have been recommended, but, for my own part, I think that, for a *young* infant, they are objectionable; they are apt to turn acid on the stomach, and to cause flatulence and sickness; they sometimes disorder the bowels and induce griping and purging.

Whatever artificial food is used ought to be given by means of a bottle, not only as it is a more natural way than any other of feeding a baby, as it causes him to suck as though he were drawing it from the mother's breast, but as the act of sucking causes the salivary glands to

press out the contents, which materially assists digestion Moreover, it seems to satisfy and comfort him more than it otherwise would do.

Very little sugar should be used in the food, as much sugar weakens the digestion. A small pinch of table salt ought to be added to whatever food is given, as "the best savor is salt." Salt is most wholesome—it strengthens and assists digestion, prevents the formation of worms, and, in small quantities, may with advantage be given (if artificial food be used) to the youngest baby.

25. *Where it is found to be absolutely necessary to give an infant artificial food* WHILE SUCKLING, *how often ought he to be fed?*

Not oftener than twice during the twenty-four hours, and then only in *small* quantities at a time, as the stomach requires rest, and at the same time can manage to digest a little food better than it can a great deal.

26. *When the mother is not able to suckle her infant herself, what ought to be done?*

It must first be ascertained, *beyond all doubt*, that a mother is not able to suckle her own child. Many delicate ladies do suckle their infants with advantage, not only to their offspring, but to themselves. "I will maintain," says Steele, "that the mother grows stronger by it, and will have her health better than she would have otherwise. She will find it the greatest cure and preservative for the vapors [nervousness] and future miscarriages, much beyond any other remedy whatsoever. Her children will be like giants, whereas otherwise they are but living shadows, and like unripe fruit; and certainly if a woman is strong enough to bring forth a child, she is beyond all doubt strong enough to nurse it afterward."

Many mothers are never so well as when they are nursing; besides, suckling prevents a lady from becoming pregnant so frequently as she otherwise would. This, if she be delicate, is an important consideration, and more especially if she be subject to miscarry. The effects of a miscarriage are far more weakening than those of suckling.

If it be ascertained, *past all doubt*, that a mother can not suckle her child, then, if the circumstances of the parents will allow—and they ought to strain a point to accomplish it—a healthy wet-nurse should be procured, as, of course, the food which nature has supplied is far, very far superior to any invented by art.

But if a wet-nurse can not fill the place of a mother, then, asses' milk will be found the best substitute, as it approaches nearer, in composition, than any other animal's to human milk; but it is both difficult and expensive to obtain. The next best substitute is goats' milk. Either the one or the other ought to be milked fresh, fresh and fresh, as it is wanted, and should be given by means of a feeding-bottle.

Asses' milk is more suitable for *delicate* infants, and goats' milk for those who are *strong*.

If neither asses' milk nor goats' milk can be procured, then the following, from the very commencement, should be given:

New milk, the produce of ONE *healthy* cow,
Warm water, of each, equal parts;
Table-salt, a few grains;
Lump sugar, a sufficient quantity to slightly sweeten it.

The milk itself ought not to be heated over the fire, but should, as above directed, be warmed by the water;

it must, morning and evening, be had fresh and fresh. The milk and water should be of the same temperature as the mother's milk, that is to say, at about ninety to ninety-five degrees Fahrenheit. It ought to be given by means of a feeding-bottle, and care must be taken to *scald* the bottle out twice a day, for if attention be not paid to this point, the delicate stomach of an infant is soon disordered. As he grows older the milk should be gradually increased, and the water decreased, until nearly all milk be given.

The milk, as a general rule, ought to be *unboiled;* but if it purge violently, or if it cause offensive motions—which it sometimes does—then it must be boiled. The moment the milk boils up it should be taken off the fire.

Food ought, for the first month, to be given about every two hours; for the second month, about every three hours; lengthening the space of time as the baby advances in age. A mother must be careful not to over-feed a child, as over-feeding is a prolific source of disease.

Let it be thoroughly understood, and let there be no mistake about it, that a babe, during the first nine months of his life, MUST have—it is absolutely necessary for his very existence—milk of some kind, as the staple and principal article of his diet, either mother's, or wet-nurse's, or asses', or goat's, or cow's own milk.

27. *How would you choose a wet-nurse?*

I would inquire particularly into the state of her health; whether she be of a healthy family, of a consumptive habit, or if she or any of her family have labored under "king's-evil;" ascertaining if there be any seams or swellings about her neck; any eruptions or blotches upon her skin; if she has a plentiful breast of milk, and if it be of

good quality (which may readily be ascertained by milking a little into a glass); if she has good nipples, sufficiently long for the baby to hold; that they be not sore; and if her own child be of the same or nearly of the same age as the one you wish her to nurse. Ascertain whether she menstruates during suckling; if she does, the milk is not so good and nourishing, and you had better decline taking her.

28. *What ought to be the diet either of a wet-nurse, or of a mother who is suckling?*

A wet-nurse ought to live somewhat in the following way: Let her for breakfast have black tea, with one or two slices of cold meat, if her appetite demand it, but not otherwise. It is customary for a wet-nurse to make a hearty luncheon; of this I do not approve.

She ought not to dine later than half-past one or two o'clock; she should eat, for dinner, either mutton or beef, with either mealy potatoes, or asparagus, or French beans, or sea-kale, or turnips, or brocoli, or cauliflower, and stale bread. Rich pastry, soups, gravies, high-seasoned dishes, salted meats, greens, and cabbage, must one and all be carefully avoided, as they only tend to disorder the stomach, and thus to deteriorate the milk.

It is a common remark, that, "a mother who is suckling may eat anything." I do not agree with this opinion.

Tea should be taken at half-past five or six o'clock; supper at nine, which should consist either of a slice or two of cold meat, or of cheese if she prefer it, with half a pint of porter or of mild ale; occasionally a basin of gruel may with advantage be substituted. Hot and late suppers are prejudicial to the mother or to the wet-nurse,

and, consequently, to the child. The wet-nurse ought to be in bed every night by ten o'clock.

29. *Have the goodness to state at what age a child ought to be weaned?*

This, of course, must depend both upon the strength of the child and upon the health of the parent; on an average, nine months is the proper time. If the mother be delicate it may be found necessary to wean the infant at six months; or if he be weak, or laboring under any disease, it may be well to continue suckling him for twelve months; but after that time the breast will do him more harm than good, and will, moreover, injure the mother's health, and may, if she be so predisposed, excite consumption.

30. *How would you recommend a mother to act when she weans her child?*

She ought, as the word signifies, do it gradually—that is to say, she should, by degress, give him less and less of the breast, and more and more of artificial food; at length she must only suckle him at night; and lastly, it would be well for the mother either to send him away, or to leave him at home, and, for a few days, to go away herself.

A good plan is, for the nurse-maid to have a half-pint bottle of new milk—which has been previously boiled—in the bed, so as to give a little to him in lieu of the breast. The warmth of the body will keep the milk of a proper temperature, and will supersede the use of lamps, of candle-frames, and other troublesome contrivances.

31. *While a mother is weaning her infant, and after she has weaned him, what ought to be his diet?*

Any one of the foods recommended in answer to question 24, page 342.

32. *Have you any remarks to make on sugar for sweetening a baby's food?*

A *small* quantity of sugar in an infant's food is requisite, sugar being nourishing and fattening, and making cow's milk to resemble somewhat in its properties human milk; but, bear in mind, *it must be used sparingly. Much* sugar cloys the stomach, weakens the digestion, produces acidity, sour belchings, and wind.

If a baby's bowels be either regular or relaxed, *lump* sugar is the best for the purpose of sweetening his food; if his bowels are inclined to be costive *brown* sugar ought to be substituted for lump sugar, as *brown* sugar acts on a young babe as an aperient, and, in the generality of cases, is far preferable to physicking him with opening medicine. An infant's bowels, whenever it be practicable (and it generally is), ought to be regulated by a judicious dietary rather than by physic.

VACCINATION.

33. *Are you an advocate for vaccination?*

Certainly. I consider it to be one of the greatest blessings ever conferred upon mankind. Small-pox, before vaccination was adopted, ravaged the country like a plague, and carried off thousands annually; and those who did escape with their lives were frequently made loathsome and disgusting objects by it. Even inoculation (which is cutting for the small-pox) was attended with danger—more especially to the unprotected—as it caused the disease to spread like wildfire, and thus it carried off immense numbers.

34. *But vaccination does not always protect a child from small-pox?*

I grant you that it does not *always* protect him, *neither does inoculation;* but when he is vaccinated, if he takes the infection, he is seldom pitted, and very rarely dies, and the disease assumes a comparatively mild form.

35. *Do you consider it, then, the imperative duty of a mother in every case to have, after the lapse of every seven years, her children revaccinated?*

I decidedly do; it would be an excellent plan for *every* person, once every seven years, to be revaccinated, and even oftener, if small-pox be rife in the neighborhood. Vaccination, however frequently performed, can never do the slightest harm, and might do inestimable good. Small-pox is both a pest and a disgrace, and ought to be constantly fought and battled with until it be banished (which it may readily be) the kingdom.

36. *At what age do you recommend an infant to be first vaccinated?*

When he is two months old, as the sooner he is protected the better. Moreover, the older he is the greater will be the difficulty in making him submit to the operation, and in preventing his arm from being rubbed, thus endangering the breaking of the vesicles, and thereby interfering with its effects.

37. *Have you any directions to give respecting the arm* AFTER *vaccination?*

The only precaution necessary, is to take care that the arm be not rubbed; otherwise the vesicles may be prematurely broken, and the efficacy of the vaccination may be lessened. The sleeve, in vaccination, ought to be large and soft, and should *not* be tied up. The tying up of a sleeve makes it hard, and is much more likely to rub the vesicles than if it were put on in the usual way.

38. *If the arm,* AFTER *vaccination, be much inflamed, what ought to be done?*

Smear frequently, by means of a feather or a camel's-hair brush, a little cream on the inflamed part. This simple remedy will afford great relief and comfort.

39. *Have the goodness to describe the proper appearance, after the falling off of the scab, of the arm?*

It might be well to remark that the scabs ought always to be allowed to fall off of themselves. They must not, on any account, be picked or meddled with. With regard to the proper appearance of the arm after the falling off of the scab, "a perfect vaccine scar should be of small size, circular, and marked with radiations and indentations."

DENTITION.

40. *At what time does dentition commence?*

The period at which it commences is uncertain. It may, as a rule, be said that a babe begins to cut his teeth at seven months old. Some have cut teeth at three months; indeed, there are instances on record of infants having been born with teeth.

When a babe is born with teeth they generally drop out. On the other hand, teething in some children does not commence until they are a year and a half or two years old, and, in rare cases, not until they are three years old. There are cases recorded of adults who have never cut any teeth. An instance of the kind came under my own observation.

41. *What is the number of the* FIRST *set of teeth, and in what order do they generally appear?*

The first or temporary set consists of twenty. The first

set of teeth are usually cut in pairs. "I may say that nearly invariably the order is—1st, the lower front incisors [cutting-teeth], then the upper front, then the *upper* two lateral incisors, and that not uncommonly a double tooth is cut before the two *lower* laterals; but at all events the lower laterals come 7th and 8th, and not 5th and 6th, as nearly all books on the subject testify." Then the first grinders in the lower jaw, afterward the first upper grinders, then the lower corner pointed or canine teeth, after which the upper corner or eye-teeth, then the second grinders in the lower jaw, and lastly, the second grinders of the upper jaw. They do not, of course, always appear in this rotation. Nothing is more uncertain than the order of teething. A child seldom cuts his second grinders until after he is two years old. *He is usually, from the time they first appear, two years in cutting his first set of teeth.* As a rule, therefore, a child of two years old has sixteen, and one of two years and a half old, twenty teeth.

42. *If an infant be either feverish or irritable, or otherwise poorly, and if the gums be hot, swollen and tender, are you an advocate for their being lanced?*

Certainly; by doing so he will, in the generality of instances, be almost instantly relieved.

43. *A nurse is in the habit of giving a child who is teething either coral or ivory to bite—do you approve of the plan?*

I think it a bad practice to give him any hard, unyielding substance, as it tends to harden the gums, and by so doing causes the teeth to come through with greater difficulty. I have found softer substances, such as either a piece of wax-taper, or an india-rubber ring, or a piece

of the best bridle-leather, or a crust of bread, of great service. If a piece of crust be given as a gum-stick, he must, while biting it, be well watched, or by accident he might loosen a large piece of it, which might choke him. The pressure of any of these excites a more rapid absorption of the gum, and thus causes the tooth to come through more easily and quickly.

44. *Have you any objection to my baby, when he is cutting his teeth, sucking his thumb?*

Certainly not; the thumb is the best gum-stick in the world—it is convenient, it is handy (in every sense of the word), it is of the right size, and of the proper consistence—neither too hard nor too soft; there is no danger, as of some artificial gum-sticks, of its being swallowed, and thus of its choking the child.

45. *A child who is teething dribbles, and thereby wets his chest, which frequently causes him to catch cold; what had better be done?*

Have in readiness to put on several *flannel* dribbling-bibs, so that they may be changed as often as they become wet; or, if he dribble *very much*, the oiled silk dribbling-bibs, instead of the flannel ones, may be used, and which may be procured at any baby-linen warehouse.

46. *Do you approve of giving a child, during teething, much fruit?*

No; unless it be a few ripe strawberries or raspberries, or a roasted apple, or the juice of five or six grapes—taking care that he does not swallow either the seeds or the skin—or the insides of ripe gooseberries, or an orange. Such fruits, if the bowels be in a costive state, will be particularly useful.

47. *Have the goodness to describe the symptoms and the treatment of Painful Dentition.*

Painful dentition may be divided into two forms—(1.) the Mild; and (2.) the Severe. In the *mild* form the child is peevish and fretful, and puts his fingers, and everything within reach, to his mouth; he likes to have his gums rubbed, and takes the breast with avidity; indeed, it seems a greater comfort to him than ever. There is generally a considerable flow of saliva, and he has frequently a more loose state of bowels than is his wont.

Now, with regard to the more *severe* form of painful dentition: The gums are red, swollen, and hot, and he can not, without expressing pain, bear to have them touched; hence, if he be at the breast, he is constantly loosing the nipple. There is dryness of the mouth, although before there had been a great flow of saliva. He is feverish, restless, and starts in his sleep. His face is flushed. His head is heavy and hot. He is sometimes convulsed. He is frequently violently griped and purged, and suffers severely from flatulence. He is predisposed to many and severe diseases.

The *treatment* of the *mild* form consists of friction of the gums with the finger; with a little "soothing syrup," as recommended by Sir Charles Locock; a tepid bath of about ninety-two degrees Fahrenheit, every night at bedtime; attention to diet and bowels; fresh air and exercise. For the mild form, the above plan will usually be all that is required. If he dribble and the bowels be relaxed, so much the better; the flow of saliva and the increased action of the bowels afford relief, and therefore must not be interfered with. In the *mild* form lancing of the gums is not desirable. The gums ought not to be

lanced unless the teeth be near at hand, and unless the gums be red, hot, and swollen.

In the *severe* form a medical man should be consulted early, as more energetic remedies will be demanded; that is to say, the gums will require to be freely lanced, warm baths to be used, and medicines to be given, to ward off mischief from the head, from the chest, and from the stomach.

EXERCISE.

48. *Do you recommend exercise in the open air for a baby? and if so, how soon after birth?*

I am a great advocate for having exercise in the open air. "The infant in arms makes known its desire for fresh air by restlessness—it cries, for it can not speak its wants; is taken abroad, and is quiet."

The age at which he ought to commence taking exercise will, of course, depend upon the season and upon the weather. If it be summer, and the weather be fine, he should be carried in the open air a week or a fortnight after birth; but if it be winter, he ought not, on any account, to be taken out under the month, and not even then, unless the weather be mild for the season, and it be the middle of the day. At the end of two months he should breathe the open air more frequently. And after the expiration of three months he ought to be carried out *every day*, even if it be wet under foot, provided it be fine above, and the wind be neither in an easterly nor in a north-easterly direction; by doing so we shall make him strong and hearty, and give the skin that mottled appearance which is so characteristic of health. He must, of course, be well clothed.

I can not help expressing my disapprobation of the

practice of smothering up an infant's face with a handkerchief, with a veil, or with any other covering, when he is taken out into the air. If his face be so muffled up, he may as well remain at home; as, under such circumstances, it is impossible for him to receive any benefit from the invigorating effects of the fresh air.

49. *Can you devise any method to induce a baby himself to take exercise?*

He must be encouraged to use muscular exertion; and, for this purpose, he ought to be frequently laid either upon a rug, or carpet, or the floor: he will then stretch his limbs and kick about with perfect glee. It strengthens his back; it enables him to stretch his limbs, and to use his muscles; and is one of the best kinds of exercise a very young child can take. While going through his performances, his diaper, if he wear one, should be unfastened, in order that he might go through his exercises untrammeled. By adopting the above plan, the babe quietly enjoys himself—his brain is not over-excited by it; this is an important consideration, for both mothers and nurses are apt to rouse and excite very young children, to their manifest detriment. A babe requires rest, and not excitement. How wrong it is, then, for either a mother or a nurse to be exciting and rousing a new-born babe. It is most injurious and weakening to his brain. In the early period of his existence his time ought to be almost entirely spent in sleeping and in sucking!

SLEEP.

50. *Ought the infant's sleeping apartment to be kept warm?*

The lying-in room is generally kept too warm, its heat

being, in many instances, more that of an oven than of a room. Such a place is most unhealthy, and is fraught with danger both to the mother and the baby. We are not, of course, to run into an opposite extreme, but are to keep the chamber at a moderate and comfortable temperature. The door ought occasionally to be left ajar, in order the more effectually to change the air and thus to make it more pure and sweet.

A new-born babe, then, ought to be kept comfortably warm, but not very warm. It is folly in the extreme to attempt to harden a very young child either by allowing him, in the winter time, to be in a bedroom without a fire, or by dipping him in *cold* water, or by keeping him with scant clothing on his bed. The temperature of a bedroom, in the winter time, should be, as nearly as possible, at 60° Fahr. Although the room should be comfortably warm, it ought, from time to time, to be properly ventilated. An unventilated room soon becomes foul, and, therefore, unhealthy. How many in this world, both children and adults, are "poisoned with their own breath!"

An infant should not be allowed to look at the glare either of a fire or of a lighted candle, as the glare tends to weaken the sight, and sometimes brings on an inflammation of the eyes. In speaking to and noticing a baby, you ought always to stand *before* and not *behind* him, or it might make him squint.

51. *Ought a babe to lie alone from the first?*

Certainly not. At first—say for the first few months—he requires the warmth of another person's body, especially in the winter; but care must be taken not to overlay him, as many infants, from carelessness in this partic-

ular, have lost their lives. After the first few months, he had better lie alone, on a horsehair mattress.

52. *Do you approve of rocking an infant to sleep?*

I do not. If the rules of health be observed, he will sleep both soundly and sweetly without rocking; if they be not, the rocking might cause him to fall into a feverish, disturbed slumber, but not into a refreshing, calm sleep. Besides, if you once take to that habit, he will not go to sleep without it.

53. *While the infant is asleep, do you advise the head of the crib to be covered with a handkerchief, to shade his eyes from the light, and, if it be summer time, to keep off the flies?*

If the head of the crib be covered, the baby can not breathe freely; the air within the crib becomes contaminated, and thus the lungs can not properly perform their functions. If his sleep is to be refreshing, he must breathe pure air. I do not even approve of a head to a crib. A child is frequently allowed to sleep on a bed with the curtains drawn completely close, as though it were dangerous for a breath of air to blow upon him! This practice is most injurious. An infant must have the full benefit of the air of the room; indeed, the bedroom door ought to be frequently left ajar, so that the air of the apartment may be changed—taking care, of course, not to expose him to a draught. If the flies, while he is asleep, annoy him, let a *net* vail be thrown over his face, as he can readily breathe through net, but not through a handkerchief.

54. *Have you any suggestions to offer as to the way a babe should be dressed when he is put down to sleep?*

Whenever he be put down to sleep, be more than usu-

ally particular that his dress be loose in every part; be careful that there be neither strings nor bands to cramp him.

55. *Is it a good sign for a young child to sleep much?*

A babe who sleeps a great deal thrives much more than one who does not. I have known many children who were born small and delicate, but who slept the greatest part of their time, become strong and healthy. On the other hand, I have known those who were born large and strong, yet who slept but little, become weak and unhealthy.

The common practice of a nurse allowing a baby to sleep upon her lap is a bad one, and ought never to be countenanced.

56. *As much sleep is of such advantage, if an infant sleep but little, would you advise composing medicine to be given to him?*

Certainly not. The practice of giving composing medicine to a young child can not be too strongly reprobated. If he does not sleep enough, the mother ought to ascertain if the bowels be in a proper state, whether they be sufficiently opened that the motions be of a good color—namely, a bright yellow, inclining to orange color—and free from slime or from bad smell. An occasional dose of rhubarb and magnesia is frequently the best composing medicine he can take.

57. *We often hear of Coroner's inquests upon infants who have been found dead in bed—accidentally overlaid: what is usually the cause?*

Suffocation, produced either by ignorance or by carelessness. From *ignorance* in mothers, in their not knowing the common laws of life, and the vital importance of

free and unrestricted respiration, not only when babies are up and about, but when they are in bed and asleep. From *carelessness*, in their allowing young and thoughtless servants to have the charge of infants at night; more especially as young girls are usually heavy sleepers, and are thus too much overpowered with sleep to attend to their necessary duties.

A foolish mother sometimes goes to sleep while allowing her child to continue sucking. The unconscious babe, after a time, looses the nipple, and buries his head in the bedclothes. She awakes in the morning, finding, to her horror, a corpse by her side! A mother ought, therefore, never to go to sleep until her child has finished sucking.

The following are a few rules to prevent an infant from being accidentally overlaid: (1.) Let your baby, while asleep, have plenty of room in bed. (2.) Do not allow him to be too near to you: or if he be unavoidably near you (from the small size of the bed), let his face be turned to the opposite side. (3.) Let him lie fairly either on his side or on his back. (4.) Be careful to ascertain that his mouth be not covered with the bed-clothes; and (5.) Do not smother his face with clothes, as a plentiful supply of pure air is as necessary when he is awake, or even more so, than when he is asleep. (6.) Never let him lie low in the bed. (7.) Let there be *no* pillow near the one his head is resting on, lest he roll to it, and thus bury his head in it.

THE BLADDER AND THE BOWELS OF AN INFANT.

58. *Have you any hints to offer respecting the bowels and the bladder of an infant during the first three months of his existence?*

WM. MAKEPEACE THACKERY.

ROBERT SPENCER.

PROF. AGGASSIZ.

JOHN KEATS.

MAN'S STRENGTH.—MASCULINE TYPES.

A mother ought daily to satisfy herself as to the state of the bladder and the bowels of her child. She herself should inspect the motions, and see that they are of a proper color (bright yellow, inclining to orange) and consistence (that of thick gruel), that they are neither slimy, nor curdled, nor green; if they should either be the one or the other, it is a proof that she herself has, in all probability, been imprudent in her diet, and that it will be necessary for the future that she be more careful both in what she eats and in what she drinks.

She ought, moreover, to satisfy herself that the urine does not smell strongly, that it does not stain the napkins, and that he makes a sufficient quantity.

AILMENTS, DISEASE, ETC.

59. *A new-born babe frequently has a collection of mucus in the air-passages, causing him to wheeze: is it a dangerous symptom?*

No, not if it occur *immediately* after birth; as soon as the bowels have been opened, it generally leaves him, or even before, if he give a good cry, which as soon as he is born he usually does. If there be any mucus either within or about the mouth, impeding breathing, it must with a soft handkerchief be removed.

60. *Is it advisable, as soon as an infant is born, to give him medicine?*

It is now proved that the giving of medicine to a babe *immediately* after birth is unnecessary, nay, that it is hurtful—that is, provided he be early put to the breast, as the mother's *first* milk is generally sufficient to open the bowels. Sir Charles Locock makes the following sensible remarks on the subject: "I used to limit any

aperient to a new-born infant to those which had not the first milk, and who had wet-nurses whose milk was, of course, some weeks old; but for many years I have never allowed any aperient at all to any new-born infant, and I am satisfied it is the safest and the wisest plan."

This advice of Sir Charles Locock—*to give no aperient to a new-born infant*—is most valuable, and ought to be strictly followed. By adopting his recommendation much after misery might be averted. If a new-born babe's bowels be costive, rather than give him an aperient, try the effect of a little moist sugar dissolved in a little water; that is to say, dissolve half a teaspoonful of pure, unadulterated, *raw* sugar in a teaspoonful of warm water, and administer it to him; if in four hours it should not operate, repeat the dose. Butter and raw sugar is a popular remedy, and is sometimes used by a nurse to open the bowels of a new-born babe, and, where there is costiveness, answers the purpose exceedingly well, and is far superior to castor-oil. Try by all means to do, if possible, without a particle of opening medicine. If you once begin to give aperients, you will have frequently to repeat them. Opening physic leads to opening physic, until at length his stomach and bowels will become a physic-shop! Let me, then, emphatically say, avoid, if possible, giving a new-born babe a drop or a grain of opening medicine. If, from the first you refrain from giving an aperient, he seldom requires one afterward. It is the *first* step that is so important to take in this as in all other things.

If a new-born babe has *not* for twelve hours made water, the medical man ought to be informed of it, in order that he may inquire into the matter and apply the

proper remedies. Be particular in attending to these directions, or evil consequences will inevitably ensue.

61. *Have the goodness to mention the* SLIGHT *ailments which are not of sufficient importance to demand the assistance of a medical man?*

I deem it well to make the distinction between *serious* and *slight* ailments; I am addressing a mother. With regard to *ailments*, I do not think myself justified, except in certain *urgent* cases, in instructing a parent to deal with them. It might be well to make a mother acquainted with the *symptoms*, but not with the *treatment*, in order that she might lose no time in calling in medical aid. This I hope to have the pleasure of doing in future conversations.

Serious diseases, *with a few exceptions*, and which I will indicate in subsequent conversations, ought never to be treated by a parent, not even in the *early* stages, for it is in the early stages that the most good can generally be done. It is utterly impossible for any one who is not trained to the medical profession to understand a *serious* disease in all its bearings, and thereby to treat it satisfactorily.

There are some exceptions to these remarks. It will be seen, in future conversations, that Sir Charles Locock considers that a mother ought to be made acquainted with the *treatment* of *some* of the more *serious* diseases, where delay in obtaining *immediate* medical assistance might be death. I bow to his superior judgment, and have supplied the deficiency in subsequent conversations.

The ailments and the diseases of infants, such as may, in the absence of the doctor, be treated by a parent, are the following: Chafings, Convulsions, Costiveness, Flatu-

lence, Gripings, Hiccup, Looseness of the Bowels (Diarrhea), Dysentery, Nettle-rash, Red-gum, Stuffing of the Nose, Sickness, Thrush.

62. *What are the causes and the treatment of chafing?*

The want of water: inattention, and want of cleanliness, are the usual causes of chafing.

What to do.—The chafed parts ought to be well and thoroughly sponged with tepid *rain* water—allowing the water from a well-filled sponge to stream over them—and, afterward, they should be thoroughly but tenderly dried with a soft towel, and then be dusted, either with finely-powdered starch made of wheaten flour, or with violet powder, or with finely-powdered native carbonate of zinc, or they should be bathed with finely-powdered fuller's-earth and tepid water.

If, in a few days, the parts be not healed, discontinue the above treatment, and use the following application: Beat up well together the whites of two eggs, then add, drop by drop, two tablespoonsful of brandy. When well mixed, put it into a bottle and cork it up. Before using it, let the excoriated parts be gently bathed with lukewarm rain water, and, with a soft napkin, be tenderly dried; then, by means of a camel's-hair brush, apply the above liniment, having first shaken the bottle.

But bear in mind, after all that can be said and done, *that there is nothing in these cases like water*—there is nothing like keeping the parts clean, and the only way of *thoroughly* effecting this object is *by putting him every morning* INTO *his tub.*

What NOT *to do.*—Do not apply white lead, as it is a poison. Do not be afraid of using *plenty* of water, as

cleanliness is one of the most important items of the treatment.

63. *What are the causes of convulsions in an infant?*

Stuffing him, in the early months of his existence, *with food*, the mother having plenty of breast-milk the while; the constant physicking of a child by his own mother; teething; whooping-cough, when attacking a very young baby.

I never knew a case of convulsions occur—say for the first four months (except in very young infants laboring under whooping-cough)—where children lived on the breast-milk alone, and where they were *not* frequently quacked by their mothers!

What to do in a case of convulsions which has been caused by feeding an infant either with too much or with *artificial* food. Give him, every ten minutes, a teaspoonful of ipecacuanha wine, until free vomiting be excited, then put him into a warm bath; and when he comes out of it, administer to him a teaspoonful of castor-oil, and repeat it every four hours until the bowels be well opened.

What NOT *to do.*—Do not, for at least a month after the fit, give him artificial food, but keep him entirely to the breast. Do not apply leeches to the head.

What to do in a case of convulsions from whooping-cough.—There is nothing better than dashing cold water on the face, and immersing him in a warm bath of 98 degrees Fahr. If he be about his teeth, and they be plaguing him, let the gums be both freely and frequently lanced. In convulsions from whooping-cough I have found cod-liver oil a valuable medicine. Convulsions seldom occur in whooping-cough, unless the child be either very young or exceedingly delicate. In either case

cod-liver oil is likely to be serviceable, as it helps to sustain and support him in his extremity.

Convulsions attending an attack of whooping-cough make it a *serious* complication, and require the assiduous and skillful attention of a judicious medical man.

What NOT *to do in such a case.*—Do not apply leeches; the babe requires additional strength, and not to be robbed of it; and do not attempt to treat the case yourself.

64. *What are the best remedies for the costiveness of an infant?*

I strongly object to the frequent administration of opening medicine, as the repetition of it increases the mischief to a tenfold degree.

What to do.—If a babe, after the first few months, were held out, and if, at regular intervals, he were put upon his chair, costiveness would not so much prevail. It is wonderful how soon the bowels, in the generality of cases, by this simple plan may be brought into a regular state.

Before giving an infant a particle of aperient medicine, try, if the bowels are costive, the effect of a little *raw* sugar and water, either half a teaspoonful of raw sugar dissolved in a teaspoonful or two of water, or give him, out of your fingers, half a teaspoonful of raw sugar to eat. I mean by *raw* sugar, not the white, but the pure and unadulterated sugar, and which you can only procure from a respectable grocer. If you are wise, you will defer as long as you can giving an aperient. If you once begin, and continue it for awhile, opening medicine becomes a dire necessity, and then woe-betide the poor unfortunate child!

It might sometimes be necessary to give opening med-

icine, but the less frequently the better. The following, when it becomes absolutely necessary to give an aperient, are some of the best, simple and safe, that can be administered by a mother to her baby. I give you several, as it might be well, from time to time, to vary them: (1.) One or two teaspoonsful of fluid magnesia, made palatable by the addition of a little sugar, may be chosen; or, (2.) The popular remedy of syrup of rhubarb and castor oil:

Take of—Syrup of Rhubarb,
Caster Oil, of each half an ounce;
To make a Mixture. A teaspoonful to be taken early in the morning, first well shaking the bottle.

It might be well again to state, that the bottle must be *violently* shaken *just* before administering the mixture, or the oil will not mix with the syrup; or (3.) A teaspoonful of syrup of rhubarb, without the admixture of the castor oil may be given early in the morning occasionally; or, (4.) A teaspoonful of equal parts, say half an ounce of each, of fluid magnesia and of syrup of rhubarb, may be taken for a change. Another safe and palatable aperient for an infant is (5.) Syrup of senna, from a half to a whole teaspoonful being the dose. Castor oil is another medicine prescribed for a baby's costiveness, and, being a safe one, may occasionally be used. Care should be taken to have the castor oil freshly drawn, and of the best quality. (6.) Syrup of red roses and castor oil (of each equal parts), being a good, elegant, and pleasant way of giving it:

Take of—Syrup of Red Roses,
Castor Oil, of each six drachms:
To make a Mixture. A teaspoonful to be taken occasionally, first well shaking the bottle, and to be repeated every four hours, until the bowels be relieved.

Castor oil, or Dr. Merriman's Purgative Liniment,* well rubbed every morning, for ten minutes at a time, over the region of the bowels, will frequently prevent costiveness, and thus will do away with the need—which is a great consideration—of giving an aperient.

What NOT *to do.*—There are two preparations of mercury I wish to warn you against administering of your own accord—viz: (1.) Calomel, and a milder preparation called (2.) gray powder (mercury with chalk). It is a common practice in this country to give calomel, on account of the readiness with which it may be administered, it being small in quantity and nearly tasteless. Gray powder, also, is, with mothers, a favorite in the nursery. It is a medicine of immense power—either for good or for evil; in certain cases it is very valuable; but in others, and in the great majority, it is very detrimental.

This practice, then, of a mother giving mercury, whether in the form either of calomel or of gray powder, can not be too strongly reprobated, as the frequent administration either of one or of the other weakens the body, predisposes it to cold, and frequently excites king's evil—a disease too common in this country. Calomel and gray powder, then, ought never to be administered unless ordered by a medical man.

Let me, at the risk of wearying you, again urge the importance of your avoiding, as much as possible, giving a babe purgative medicines. They irritate beyond measure the tender bowels of an infant, and only make him more costive afterward; they interfere with his digestion,

* Take of—Tincture of aloes, half an ounce;
Soap liniment, one ounce:
Make a liniment.

and are liable to give him cold. A mother who is always, of her own accord, quacking her child with opening physic, is laying up for her unfortunate offspring a debilitated constitution—a miserable existence.

65. *Are there any means of preventing the Costiveness of an infant?*

If greater care were paid to the rules of health, such as attention to diet, exercise in the open air, thorough ablution of the *whole* body—more especially when he is being washed—causing the water, from a large and well-filled sponge, to stream over the lower part of his bowels; the regular habit of causing him, at stated periods, to be held out, whether he want or not, that he may solicit a stool—if all these rules were observed, costiveness would not so frequently prevail, and one of the miseries of the nursery would be done away with.

Some mothers are frequently dosing their poor unfortunate babies, either with magnesia to cool them, or with castor-oil to heal the bowels! Oh, the folly of such practices! The frequent repetition of magnesia, instead of cooling an infant, makes him feverish and irritable. The constant administration of castor oil, instead of healing the bowels, wounds them beyond measure. No! it would be a blessed thing if a baby could be brought up without giving him a particle of opening medicine; his bowels would then act naturally and well: but then, as I have just now remarked, a mother must be particular in attending to Nature's medicines—to fresh air, to exercise, to diet, to thorough ablution, etc. Until that time comes, poor unfortunate babies must be occasionally dosed with an aperient.

66. *What are the causes of, and remedies for, Flatulence?*

Flatulence most frequently occurs in those infants who live on *artificial* food, especially if they are over-fed. I, therefore, beg to refer you to the precautions I have given, when speaking of the importance of keeping a child for the first four or five months *entirely* to the breast; and, if that be not practicable, of the times of feeding, and of the *best* kinds of artificial food, and of those which are least likely to cause "wind."

What to do.—Notwithstanding these precautions, if the babe should still suffer, "One of the best and safest remedies for flatulence is sal-volatile,—a teaspoonful of a solution of one drachm to an ounce and a half of water. Or, a little dill or aniseed may be added to the food—half a teaspoonful of dill water. Or, take twelve drops of oil of dill, and two lumps of sugar; rub them well in a mortar together; then add, drop by drop, three tablespoonfuls of spring water; let it be preserved in a bottle for use. A teaspoonful of this, first shaking the vial, may be added to each quantity of food. Or, three teaspoonsful of bruised caraway-seeds may be boiled for ten minutes in a teacupful of water, and then strained. One or two teaspoonsful of the caraway tea may be added to each quantity of his food, or a dose of rhubarb and magnesia may be occasionally given.

Opodeldoc, or warm olive-oil, well rubbed, for a quarter of an hour at a time, by means of the warm hand, over the bowels, will frequently give relief. Turning the child over on his bowels, so that they may press on the nurse's lap, will often afford great comfort.

67. *What are the symptoms, the causes, and the treatment of "Gripings" of an infant?*

The symptoms.—The child draws up his legs; screams

violently; if put to the nipple to comfort him, he turns away from it and cries bitterly; he strains, as though he were having a stool; if he have a motion, it will be slimy, curdled, and perhaps green. If, in addition to the above symptoms, he pass a large quantity of watery fluid from the bowels, the case becomes one of *watery gripes*, and requires the immediate attention of a medical man.

The *causes* of "gripings" or "gripes" may proceed either from the infant or from the mother. If from the child, it is generally owing either to improper food or to over-feeding; if from the mother, it may be traced to her having taken either greens, or pork, or tart beer, or sour porter, or pickles, or drastic purgatives.

What to do.—The *treatment*, of course, must depend upon the cause. If it arise from over-feeding, I would advise a dose of castor-oil to be given, and warm fomentations to be applied to the bowels, and the mother or the nurse to be more careful for the future. If it proceed from improper food, a dose or two of magnesia and rhubarb in a little dill water, made palatable with simple syrup.* If it arise from a mother's imprudence in eating trash, or from her taking violent medicine, a warm bath: a warm bath, indeed, let the cause of "griping" be what it may, usually affords instant relief.

Another excellent remedy is the following: Soak a piece of new flannel, folded into two or three thicknesses,

---

* Take of—Powdered Turkey Rhubarb, half a scruple;
Carbonate of Magnesia, one scruple;
Simple Syrup, three drachms;
Dill Water, eight drachms:

Make a Mixture. One or two teaspoonsful (according to the age of the child) to be taken every four hours, until relief be obtained—first shaking the bottle.

in warm water; wring it tolerably dry, and apply as hot as the child can comfortably bear it to the bowels; then wrap him in a warm, dry blanket, and keep him, for at least half an hour, enveloped in it. Under the above treatment, he will generally soon fall into a sweet sleep, and awake quite refreshed.

What NOT *to do.*—Do not give opiates, astringents, chalk, or any quack medicine whatever.

68. *Will you describe the symptoms of Diarrhœa—"Looseness of the bowels?"*

It will be well, before doing so, to tell you how many motions a young infant ought to have a day, their color, consistence, and smell. Well, then, he should have from three to six motions in the twenty-four hours; the color ought to be a bright yellow, inclining to orange; the consistence should be that of thick gruel; indeed, his motion, if healthy, ought to be somewhat of the color (but a little more orange-tinted) and of the consistence of mustard made for the table; it should be nearly, if not quite, devoid of smell; it ought to have a faint and peculiar, but not a strong disagreeable odor. If it has a strong and disagreeable smell, the child is not well, and the case should be investigated, more especially if there be either curds or lumps in the motions; these latter symptoms denote that the food has not been properly digested.

Now, suppose a child should have a slight bowel complaint—that is to say, that he has six or eight motions during the twenty-four hours,—and that the stools are of a thinner consistence than what I have described,—provided, at the same time, that he is not griped, that he has no pain, and has not lost his desire for the breast: What ought to be done? *Nothing.* A slight looseness

of the bowels should *never* be interfered with,—it is often an effort of nature to relieve itself of some vitiated motion that wanted a vent—or to act as a diversion, by relieving the irritation of the gums. Even if he be not cutting his teeth, he may be "breeding" them—that is to say, the teeth may be forming in his gums, and may cause almost as much irritation as though he were actually cutting them. Hence, you see the immense good a slight "looseness of the bowels" may cause.

A moderate "looseness of the bowels," then, is often a safety-valve, and you may with as much propriety close the safety-valve of a steam engine as stop a moderate "looseness of the bowels!"

Now, if the infant, instead of having from three to six motions, should have more than double the latter number; if they be more watery; if they become slimy and green, or green in part and curdled; if they should have an unpleasant smell; if he be sick, cross, restless, fidgety, and poorly; if every time he has a motion he be griped and in pain, we should then say that he is laboring under diarrhœa; then, it will be necessary to give a little medicine, which I will indicate in a subsequent conversation.

Should there be both blood and slime mixed with the stool, the case becomes more serious; still, with proper care, relief can generally be quickly obtained. If the evacuations—instead of being stool—are merely blood and slime, and the child strain frequently and violently endeavoring thus, but in vain, to relieve himself, crying at each effort, the case assumes the character of dysentery.

If there be a mixture of blood, slime, and stool from

the bowels, the case would be called dysenteric diarrhœa. This latter case requires great skill and judgment on the part of a medical man, and great attention and implicit obedience from the mother and the nurse. I merely mention these diseases in order to warn you of their importance, and of the necessity of strictly attending to a doctor's orders.

69. *What are the causes of Diarrhœa—"Looseness of the bowels?"*

Improper food; over-feeding; teething; cold; the mother's milk from various causes disagreeing—namely, from her being out of health, from her eating unsuitable food, from her taking improper and drastic purgatives, or from her suckling her child when she is pregnant. Of course, if any of these causes are in operation, they ought, if possible, to be remedied, or medicine to the babe will be of little avail.

70. *What is the treatment of Diarrhœa?*

What to do.—If the case be *slight*, and has lasted two or three days (do not interfere by giving medicine at first), and if the cause, as it probably is, be some acidity or vitiated stool that wants a vent, and thus endeavors to obtain one by purging, the best treatment is to assist nature by giving either a dose of castor-oil or a moderate one of rhubarb and magnesia, and thus to work off the enemy.

After the enemy has been worked off, either by the castor-oil or by the magnesia and rhubarb, the purging will, in all probability, cease; but if the relaxation still continue—that is to say, for three or four days,—then, if medical advice can not be procured, the following mixture should be given:

Take of—Compound Powdered Chalk with Opium, ten grains;
Oil of Dill, five drops;
Simple Syrup, three drachms;
Water, nine drachms:

Make a Mixture. Half a teaspoonful to be given to an infant of six months and under, and one teaspoonful to a child above that age, every four hours—first shaking the bottle.

The baby ought, for a few days, to be kept *entirely* to the breast. The mother should be most particular in her own diet.

What NOT *to do.*—The mother must neither take greens, nor cabbage, nor raw fruit, nor pastry, nor beer; indeed, while the diarrhœa of her babe continues, she had better abstain from wine, as well as from fermented liquors. The child, if at the breast, ought *not*, while the diarrhœa continues, to have any artificial food. He must neither be dosed with gray powder (a favorite but highly improper remedy in these cases), nor with any quack medicines, such as Dalby's Carminative or Godfrey's Cordial.

71. *What are the symptoms of Dysentery?*

Dysentery frequently arises from a neglected diarrhœa. It is more dangerous than diarrhœa, as it is of an inflammatory character; and as, unfortunately, it frequently attacks a delicate child, requires skillful handling: hence the care and experience required in treating a case of dysentery.

Well, then, what are the symptoms? The infant, in all probability, has had an attack of diarrhœa—bowel complaint, as it is called—for several days; he having had a dozen or two of motions, many of them slimy and frothy, like "frog-spawn," during the twenty-four hours. Suddenly the character of the motion changes,—from being principally stool, it becomes almost entirely blood

and mucus; he is dreadfully griped, which causes him to strain violently, as though his inside would come away every time he has a motion,—screaming and twisting about, evidently being in the greatest pain, drawing his legs up to his belly and writhing in agony. Sickness and vomiting are always present, which still more robs him of his little remaining strength, and prevents the repair of his system. Now, look at his face! It is the very picture of distress. Suppose he has been a plump, healthy little fellow, you will see his face, in a few days, become old-looking, care-worn, haggard, and pinched. Day and night the enemy tracks him (unless proper remedies be administered); no sleep, or, if he sleep, he is every few minutes roused. It is heart-rending to have to attend a bad case of dysentery in a child,—the writhing, the screaming, the frequent vomiting, the pitiful look, the rapid wasting and exhaustion, make it more distressing to witness than almost any other disease a doctor attends.

72. *Can anything be done to relieve such a case?*

Yes. A judicious medical man will do a great deal. But, suppose that you are not able to procure one, I will tell you *what to do* and *what* NOT *to do.*

What to do.—If the child be at the breast, keep him to it, and let him have nothing else, for dysentery is frequently caused by improper feeding. If your milk be not good, or it be scanty, *instantly* procure a healthy wet nurse. *Lose not a moment;* for in dysentery moments are precious. But, suppose that you have no milk, and that no wet-nurse can be procured: what then? Feed him entirely on cow's milk—the milk of *one* healthy cow; let the milk be unboiled, and be fresh from the cow. Give it in small quantities at a time, and frequently, so

that it may be retained on the stomach. If a tablespoonful of the milk make him sick, give him a dessertspoonful; if a dessertspoonful cause sickness, let him only have a teaspoonful at a time, and let it be repeated every quarter of an hour. But remember, in such a case the breast milk—the breast milk alone—is incomparably superior to any other milk or to any other food whatever.

If he be a year old and weaned, then feed him, as above recommended, on the cow's milk. If there be extreme exhaustion and debility, let fifteen drops of brandy be added to each tablespoonful of new milk, and let it be given every half hour.

Now with regard to medicine. I approach this part of the treatment with some degree of reluctance—for dysentery is a case requiring opium, and opium I never like a mother of her own accord to administer. But suppose a medical man can not be procured in time, the mother must then prescribe or the child will die! *What then is to be done?* Sir Charles Locock considers "that in severe dysentery, especially where there is sickness, there is no remedy equal to pure calomel, in a full dose, without opium." Therefore, at the very *onset* of the disease, let from three to five grains (according to the age of the patient) of calomel, mixed with an equal quantity of powdered white sugar, be put dry on the tongue. In three hours after let the following mixture be administered:

Take of—Compound Ipecacuanha Powder, five grains;
Ipecacuanha Wine, half a drachm;
Simple Syrup, three drachms;
Cinnamon Water, nine drachms:

To make a Mixture. A teaspoonful to be given ever three or four hours, first *well* shaking the bottle.

Now, suppose the dysentery has for several days persisted, and that, during that time, nothing but mucus and blood—that no real stool—has come from the bowels, then a combination of castor-oil and opium ought, instead of the medicine recommended above, to be given.

Take of—Mixture of Acacia, three drachms;
Simple Syrup, three drachms;
Tincture of Opium, ten drops (*not* minims);
Castor Oil, two drachms;
Cinnamon Water, four drachms;

Make a Mixture. A teaspoonful to be taken every four hours, first *well* shaking the bottle.

73. *What are the symptoms, the causes, and the treatment of Nettle-rash?*

Nettle-rash consists of several irregular raised wheals, red at the base and white on the summit, on different parts of the body; *it seldom attacks the face.* It is not contagious, and it may occur at all ages and many times. It comes and goes, remaining only a short time in a place. It puts on very much the appearance of the child having been stung by nettles—hence its name. It produces great heat, itching, and irritation, sometimes to such a degree as to make him feverish, sick, and fretful. He is generally worse when he is warm in bed, or when the surface of his body is suddenly exposed to the air. Rubbing the skin, too, always aggravates the itching and the tingling, and brings out a fresh crop.

The *cause* of nettle-rash may commonly be traced to improper feeding; although, occasionally, it proceeds from teething.

What to do.—It is a complaint of no danger, and readily gives way to a mild aperient, and to attention to diet. There is nothing better to relieve the irritation of the

skin than a warm bath. If it be a severe attack of nettle-rash, by all means call in a medical man.

74. *What are the causes, the symptoms, the prevention, and the cure of Thrush?*

The thrush is a frequent disease of an infant, and is often brought on either by stuffing him or by giving him improper food. A child brought up *entirely*, for the first three or four months, on the breast, seldom suffers from this complaint. The thrush consists of several irregular, roundish, white specks on the lips, the tongue, the inside and the angles of the mouth, giving the parts affected the appearance of curds and whey having been smeared upon them.

Now with regard to *What to do.*—As the thrush is generally owing to improper and to artificial feeding, *if the child be at the breast,* keep him, for a time, entirely to it. Do not let him be always sucking, as that will not only fret his mouth, but will likewise irritate and make sore the mother's nipple.

If he be not at the breast, but has been weaned, then keep him for a few days entirely to a milk diet—to the milk of ONE cow—either boiled, if it be hot weather, to keep it sweet; or unboiled, in cool weather—fresh as it comes from the cow.

The best medicine is the old-fashioned one of borax, a combination of powdered lump-sugar and borax being a good one for the purpose: the powdered lump-sugar increases the efficacy and the cleansing properties of the borax; it tends, moreover, to make it more palatable:

Take of—Biborate of Soda, half a drachm;
Lump-sugar, two scruples;

To be well mixed together, and made into twelve powders. One of the powders to be put dry on the tongue every four hours.

The best *local* remedy is honey of borax, which ought to be smeared frequently, by means of the finger, on the parts affected.

If the thrush be brought on either by too much or by improper food, in the first case, of course, a mother must lessen the quantity; and, in the second, she should be more careful in her selection.

75. *My babe's ankles are very weak: what do you advise to strengthen them?*

If his ankles be weak, let them every morning be bathed, after the completion of his morning's ablution, for five minutes each time, with bay salt and water, a small handful of bay salt dissolved in a quart of rain water (with the chill of the water taken off in the winter, and of its proper temperature in the summer time); then let them be dried; after the drying, let the ankles be well rubbed with the following liniment:

Take of—Oil of Rosemary, three drachms;
Liniment of Camphor, thirteen drachms:
To make a Liniment.

Do not let him be put on his feet early; but allow him to crawl, and sprawl, and kick about the floor, until his ankles become strong.

CONCLUDING REMARKS ON INFANCY.

76. There are four things essentially necessary to an infant's well-doing—namely, (1.) plenty of water for the skin; (2.) plenty of milk for the stomach; (3.) plenty of fresh air for the lungs; (4.) plenty of sleep for the brain: these are the four grand essentials for a babe; without an abundance of each and all of them, perfect health is utterly impossible!

ADVICE TO MAN.

CHAPTER I.

REPRODUCTION.

The Preservation of the Species—The Difference between the Sexes—Their Mutual Attraction.

FROM the most remote ages of antiquity the inquiring mind of man has ever endeavored to unfold and understand the various mysteries by which he is so constantly surrounded. It is, indeed, the noblest occupation of the human mind to trace matter the most complex into its final ultimate elements, as, by the exercise of this power, not only is the mind drilled and disciplined in all its faculties, but the most wonderful discoveries in Nature are obtained. There is a charm about all that is mysterious in life and in Nature. Men have staked their fortunes in exploring unknown lands, risked their lives in traversing untraveled seas; while the heights of mountains and depths of oceans have alike been forced to yield their contributions to this insatiable desire. The whole range of Nature's arcana has been subjected to the same rigid scrutiny, and treasures as numerous as valuable have been exhausted from her bounteous lap.

No field of investigation has ever proven more inviting, or has ever engaged the attention and talents of

greater men, than that which would dissipate some of the obscurities enveloping that most profound of all mysteries—Reproduction. None would certainly seem more interesting to man; as the knowledge of its process would disclose the origin, not only of all animate creation about him, but would also reveal to him his own.

That same Nature which has so wonderfully provided for the maintenance and preservation of each individual of her offspring, provides as jealously for the maintenance and preservation of the species; and as she has connected with the discharge of all the functions of the individual, sustentation, digestion, secretion, etc., feelings of the most agreeable character, so has she guarded, by a most powerful sentinel, the observance of that highest and most important of all functions—generation—in a sensation of the most exquisite pleasure known to man; and it is this feeling or desire, manifested at a proper period, with an intensity that may not be disregarded, which will forever prevent an extinction of any of those individuals of the grand divisions of Nature in which the act is one of volition, and hence might otherwise be subject to caprice. If Nature further has established in man no fixed period for its performance, as in many of the lower animals, she has endowed him with that chief prerogative of animal creation—reason—to guide its indulgence and guard its excess. Alas, that but too often man willfully violates his reason and, in direct opposition to his physical welfare as well, degrades himself from that proud position which Providence assigned him—"but a little lower than the angels"—to a stand on level with or even a little lower than the brutes.

Thus an act ranked by Nature among the highest, pro-

tected from neglect by being attended with acutest pleasure, dignified by its inherent purpose, sanctified by Divine injunction, becomes degraded to a mere gratification of the basest of animal passions, and to a corresponding degree depraves the mind. These laws of Nature moreover may not be violated with even physical impunity. Penalties so severe are attached that it would seem certain that no rational being, cognizant of their pain, could fail to be warned in time. Hitherto a false delicacy has ever stifled the warning voice. Recognizing the fact that crime takes up its abode in the dark recesses of ignorance, the physician and the humanitarian now are every-where lighting up the bye-paths and pit-falls on the high-road of life, that the traveler may see and shun. To add another ray, however feeble, in aid of this noble purpose, is the justification of this essay.

"Male and female created He them." They are necessary each to the welfare of the other. Alike in their common image, they nevertheless present differences in their whole physical and mental and moral character. These differences constitute the sexes, and they are visible in every feature and organ of the whole animal economy. There is, however, a time when these distinctions are absent, or at least imperceptible. Even the most skilled microscopist is unable to detect the sex during the first six or eight weeks of intra-uterine life, and then only are they perceptible in the forming organs of generation by most careful scrutiny. The male and the female, during the first years of life, present to the superficial examination, scarce a shadow of difference. They possess the same appearance, the same manner, the same attraction, even the same voice. Performing the same functions of life, ex-

periencing the same desires, they are often mingled in the same amusements of infancy and youth without exciting in the mind of the spectator, who contemplates them with pleasure, the least sentiment of distinction. They are observed in common to excite the same tender emotion which innocence and feebleness always inspires. Isolated from each other, each lives for itself; their existence is purely absolute and individual, so that it is impossible to perceive the least sensation of those feelings which in after years establish so strongly between them the bonds of mutual dependence.

But this identity of thought and of action does not persist long. Man soon begins to assume the traits and the character which announce his destination; his limbs lose their softness and the delicate form which were common to both; his muscles, which are the principal instruments of animal force, assume a greater development and power: their fibres stand out more boldly and firmly; the bones become heavier and more compact; a deeper hue embrowns his visage; his voice is fuller and stronger; the timidity of infancy gives place to a temerity which urges him to seek dangers to brave; his stature increases; his gait is erect and proud, and his whole manner is indicative of his innate and inherent power.

The female, in advancing to puberty, seems to change less from her primitive constitution. Still tender and gentle, she seems to preserve something always from the temperament and innocence of youth. The texture of her organs does not lose any of its original delicacy. The development of increasing years, in all parts of her body, does not bring with it the same degree of firmness and solidity which is acquired in man. Nevertheless she does

MENSCHIKOFF.

HIPPOCRATES.

ISAAC NEWTON.

SHAKESPEARE.

MAN'S STRENGTH.—MASCULINE TYPES.

not remain as in infancy. Although her point of departure is the same as in man, she develops in a course peculiar to herself, and in that manner, that arrived at a certain age, she discovers herself, to her astonishment, provided with new attributes and sentiments utterly foreign to her before. She is subject to an order of functions and sensations which are as strange to man as hitherto unknown to herself. In a word, she discovers in herself a new chain of physical and moral forces which, while they render her an object of the greatest possible attraction to man, render her also a subject of new and peculiar wonder to herself. Her physical growth is marked by a greater regularity of contour; she is rounder and less angular in outline. While in man the muscular tissue predominates, whose interstices are filled with firm connected tissue, in woman the muscle development is less and their spaces are filled with adipose (fatty) matter which closes them up, and smooths off the rough projections to the finish and elegance of a marble statue. The ancients seem to have been well acquainted with this fact, for they always added the dead bodies of females to those of males to secure full incineration (burning the dead). The differences between the sexes is thus beautifully portrayed by an eminent German writer:

"Man is of larger and heavier frame, firmer proportions, sharper contour, with greater compass of voice and breath. He is less sensitive to external impressions, and in every respect, physically as well as mentally, stronger and more resistant. In the active strifes and labors of life he is more energetic, more violent, and more persistent. He is also more egotistical, more avaricious, more ambitious. In all intellectual acts he is more capable

and more fertile. In trade he is more cautious, more consistent, more calculating, and if at times more obstinate or defiant, he is generally more upright and more magnanimous. The field of his activity is in commerce, in science, in politics.

"Woman, more delicately formed, is physically and mentally feebler, more irritable, more sensitive, more fearful, yielding, and superstitious. She is more impressed by pleasure and displeasure, less inclined to active strife; she possesses a finer regard for the fitness of things; she is richer in imagination and fantasy. She lacks the creative power of man and his sharpness of definition in argument. On the other hand, if she is mentally less fertile, she is bodily more so. Her friendship for her own sex is feeble, so much the more powerful is her love for her husband and children, in whom her whole life is concentrated. She is richer in propriety, in humility, and in patience: she can be a creature of entire self-abnegation; she is gentler, more participant of joy or sorrow about her, and, as more credulous, she is by nature more pious. The field of her activity is the home and its family."

The word Eve, in Hebrew, signifies life. Psyche, the term sometimes applied by the Greeks to their women, the soul. Modern civilization every-where accords to woman a greater sensitiveness to impressions, and a higher intuitive power, than to man. "It is probable," writes Pierre Roussel, "that the elements of the parts which constitute the female organism, have a particular organization on which depends the elegance of form, the grace of movement, and the vivacity of sensation which characterize their sex." The difference in her mental character is as marked as that of her physical, and just as readily

as a female arm in its fair and symmetrical fullness may be differentiated from the muscular and angular member of the male, so differ, and differ to the glory of Nature, who has rendered these things servient to her purpose in securing the procreation of the species by making them mutually and irresistibly attractive—the mind of man and woman.

It is this mutual attraction which is called love. It is the expression of the yearnings of Nature in both sexes at the epoch of the full development of the organs of generation. But this, while it constitutes passion, is not all of pure and unalloyed love. The instinctive want in which the passion of love is founded is, it is true, that of propagation; when this want acts feebly or momentarily, or when felt indiscriminately for every individual of the other sex, there is only a general fondness or propensity, more or less marked, for the act of generation. This, however, is not true love; nor should the epithet be applied to the warmest transports experienced during the union of the sexes. This, too, is but the acme of passion. "But when an individual sees and desires only one single object—when its image pursues him every-where, and haunts him unceasingly—when grief, anger, and jealousy, are easily developed in consequence of the slightest obstacle to the possession of the beloved object"—and when, after its attainment, he surrenders his whole life to its care and support, hastens to anticipate its wants, shares its sorrows and its joys, comforts its afflictions, and confides in its trust—this forms the true sentiment, the depth of which no description may ever adequately portray. It can alone be felt. This is the feeling which Nature has implanted in the breast of each human being of her race.

It is this which renders man and woman, each the complement of the other, the perfect whole. "And what God hath joined together let not man put asunder."

"There's a bliss beyond all that the minstrel has told,
When two that are linked in one heavenly tie,
With heart never changing, and brow never cold,
Love on through all ills, and love on till they die;
One hour of a passion so sacred is worth
Whole ages of heartless and wandering bliss;
And oh! if there be an Elysium on earth,
It is this it is this."

CHAPTER II.

CELIBACY—CONTINENCE.*

The Disgrace of Celibacy—Opinions of Celebrated Writers—The Difference Between Continence and Chastity—Evils of Prolonged Continence—Monks and Nuns—Masturbation—Its Cure—Libertinage—Examples—Its Degrading Effects.

THROUGHOUT all time, and among all peoples, marriage has ever been regarded with respect and homage. The celibate, on the contrary, has always been the butt of disdain; and if occasionally in history he has ever been regarded with honor, it has only been in the rites of some of the various sects of mysticism. Legislators, philosophers, and moralists, have always raised their voices against it.

The immortal J. J. Rousseau declared that the celibate was an offender against nature and false to his destination.

Voltaire said that the vow of celibacy was the summit of hypocrisy.

Luther hurled at the advocates of celibacy these severe words: "It is not in my power to be anything but a man; it is not in my power also to live perpetually without a wife, for it is as necessary as food and drink

* The following chapters are, in the main, from the *Physiologie and Hygiene du Mariage*, by A. Debuy, Paris, a work which has already reached the fortieth edition.

that I should also satisfy the other wants of my body. Man should remain as God has wished he should; to use the liberty which he has given us, to act contrary to his expressed desire, is blasphemy and madness."

Continence is, physiologically speaking, the restraint which the individual places upon the instincts which lead to the gratification of desire. Between chastity and continence, there exists this difference: The first is the natural disposition of the tranquil temperament; the second is a struggle between instinct and will, and a struggle which, if always successful, results almost always in an injury to health.

It is never, with impunity, that an individual may divest himself of the laws of his organization. Every living being, from the lowest vegetable growth to man, is subjected to this same law of attraction between the sexes. Man alone, in the midst of this countless family of Nature, from fanaticism or ambition, would sometimes strive to evade it, and even persuade himself of his success. But the physiologist, who is not the dupe of these professions of continence, knows full well that when a compliance with Nature's imperious command is really avoided, there is generally some fault of the individual organization during the whole period of virility, or that the bent of Nature is gratified in secret, and, perhaps, by most repulsive means. We read, it is true, of a celebrated monk who was wont to cool his ardor by plunging naked into a bank of snow. We are also well aware of the heropower which has, from time to time, been exerted in the presence of great temptation, but these are the exceptions, which do not invalidate the rule. There is no doubt that, while there may be individuals of phlegmatic tem-

perament, who are not all injured by holding indulgences in long abeyance, absolute continence in the sanguine and ardent disposition predisposes to the gravest maladies. Priapism, satyriasis, nymphomania, and many forms of hysteria, are born as well of extreme restraint as of extreme excess. A large number of the monks and nuns who really and truly observe their vows, which the reader of Boccacio knows is not always the case, are afflicted in this way. Cabanis has long since observed, that many cases of mental alienation depended on this cause; and Esquirol remarks, that lubricity is the main feature of the monastic insane. This has been again recently confirmed by an eminent writer on insanity, in his description of the symptoms displayed by old maids in our lunatic asylums. Females seem to suffer even more than males from these amorous hallucinations, perhaps because their continence is more complete; and this continence is still further secured in nunneries, and out of them, indeed, in the extremes of religious fanaticism. Hence the old proverb, "The convent and the confessional are the cradles of hysteria and nymphomania."

Reference has been made to the repulsive means adopted to satisfy the passions, while the vow of continence is pretensively maintained. This is a subject upon which so much has already been written, and so disgustingly, in works prepared only for mercenary purposes, that it is proposed to handle it but lightly here. While it must be admitted that there are many cases in which the gravest maladies have been excited by its excess, there is no doubt but that its evils have been greatly exaggerated. The physical drain is certainly not greater, and the greater danger attendant upon excess in this, if such there be,

than upon ordinary venereal excess, must be ascribed to the fact that its performance implies a certain amount of mental depravity. The whole nature revolts against such artificial means, and the confirmed masturbator bears the impress of her penalty in his manner and upon his face. The fact that society imposes such false laws as prohibitions of marriage, which offers the only natural means of satisfying desire without injury or disgust, may never be accepted as apology for this vice. Man should always remember that the laws of Nature are paramount to those of society, and, increased in health and mental vigor, he may smile at its derision of an improper alliance. As civilization advances, the restrictions upon marriage, from caste, and wealth, and so-called respectability, must gradually give way. The forced exercise of the will, in discontinuing the habit, can save the beginner from the evils of this vice; when confirmed, the case is almost hopeless. He should then address himself to some good physician, with a frank avowal of his case. And just here should be remarked that, whenever reference is made to a physician, some care should be exercised in their selection. The medical Munchausens of newspaper fame are always the rankest charlatans; men who fatten upon the miseries of their fellow-beings. Avoid them, alike with the evil habit, and go to some physician whose position needs no standing advertisement for reputation.

We turn now to the opposite extreme of continence—namely: libertinage,—an excess which is far more frequently encountered in celibacy than in marriage. There exists in both sexes a class of cases characterized by such an ardency of temperament as to be more or less continually afflicted with desire. When they do not possess a

most extraordinary power of self-restraint, the most melancholy results occasionally ensue. Ancient mythology abounds in instances illustrative of remarkable vigor in this regard. The classical scholar is familiar with the reputed achievements of Hercules and Procles, and how Ovid boasts of his own prowess.

A female once cast herself at the feet of a king of Aragon, imploring his help against the ardor of her husband. The king forbade him, under penalty, to exceed the limits of health.

A mountaineer, of the East Pyrenees, married successively eleven wives in a period of fifteen years. They all died of uterine disorders. The authorities intervened to prevent a twelfth alliance. Such Bluebeards are not altogether unknown in modern times. The boasted exploits of the young Lothario, however, are only to be regarded as idle vaunts.

The abuse of sexual intercourse, in a short time, degrades both the body and mind; physical debility, mental imbecility, melancholy, and even idiocy, are most indisputably traceable to this cause. Perfect abstinence in man is not visited by the same amount of suffering, because Nature has herself provided an escape which affords complete relief. This generally occurs at night, and if no more frequent than once a week, is only to be regarded as a physiological process. Libertinage destroys and perverts also the moral qualities most completely. It develops hypocrisy, cowardice, and cruelty, and it is not necessary to recur to the examples of a Tiberius, a Nero, a Caligula, a Domitian, or Helogabalus, in proof. It is with justice that philosophers have signalized libertinage as the impure source of most of the vices,

and have characterized its extension among the people as a symptom of popular degeneration and a precursor of the fall of empires. It is probable that the recent overthrow of one of earth's mightiest nations was, in a measure, due to the libertinage known to have prevailed within her walls.

CHAPTER III.

MARRIAGE.

Its Object and Influence — The Period of Nubility — Precocious, Late, and Disproportioned Marriage — The Evils of its Neglect — The Longevity of the Married — The Charms of Married Life.

THE existence and duration of living species reposes on the instinct of reproduction. This instinct effects the union of the sexes, whereby the act of generation is performed.

In the human family, where the same organs and instincts are encountered, marriage, considered physiologically, is only the union of the sexes for the same effect—viz: the perpetuation of the species. Marriage, in all civilized society, is the union of the male and the female according to established laws. Its object is attained in the happiness and the prosperity which such union engenders, and in the mutual assistance which is sworn at the altar. Its double object is, first, progeniture; secondly, the physical and moral education of the offspring, that virtuous men and women and good citizens may result. Marriage is, then, an act which regards the highest social considerations and family happiness. It develops and fortifies the love of progeniture with sentiments of right, of duty, and of equity. It strengthens the moral forces; it provides for the wants of the family. By the mutual love and assistance afforded, it prevents debauch-

ery, moderates the sexual desires by the facility with which they are satisfied, and becomes the safeguard of good morals and family honor.

The rights of man and woman are, by nature, equal; and civilization, in developing this idea, day by day, has shown that if man is the king of all animate creation, woman is the queen. It is this equality of rights which induces the reciprocal subordination and establishes a perfect equilibrium in married life. Throughout all time marriage has been considered by philosophers as the natural state for man and woman, arrived at the age of nubility, which occurs a few years after puberty, when all the organs have acquired their full development and growth.

According to the experience of the best ancient and modern writers, the time most favorable for marriage is, in general, from twenty-five to forty years for the male, and from eighteen to thirty for the female. Before this time marriage is too early; after it, too late; and disproportioned when the age of one vastly surpasses that of the other.

Early Marriage.—Parents are much to be blamed in marrying their children—or what is the same, permitting marriage—before the physical development is complete; firstly, because of the physical debility which ensues to the married couple; and, secondly, because of the deterioration of their offspring: the first a misfortune to the individuals; and, the second, to the race.

Late Marriage.—The organs of generation of the male after forty-five, and of the female after thirty-five, do not possess the vitality and vigor of youth. The vital energy, which before this time remains stationary for ten

years, begins sensibly to decline. This is the rule; there are, of course, many exceptions from strength of constitution, health, temperament, etc., which postpones this decadence to a much later period. Hence the products of such marriages are generally less vigorous, less beautiful, physically, than of those whose marriage was contracted at the proper age.

Disproportioned Marriage.—These unions, ordinarily melancholy and immoral, should be prevented by legislative enactment. They are almost always prejudicial to the health of the youngest, and to the constitution of the offspring engendered.

The laws of the Romans, more wise than ours, opposed marriage between the young and old. They had established limits for the conjugal union, whose infraction they punished by a nullification of the contract, or by exile. The temptation to which the younger of the two is subjected to violate the marriage vow, is familiar enough in every-day life, and the sad effects of the body sold for gold are visible on the mind in all after years.

Reason, based on experience, demands in marriage the mixture of two different temperaments. Children of such parents are more vigorous and healthy. The cross of temperaments, or races, generally prevents the transmission of evil idiosyncrasies or peculiarities of physical temperaments; at least it prevents their intensification. It is desirable that there should be a prevention of marriage among the infirm and debilitated, and those who carry with them the germ of transmissible disease; as the children of such are enfeebled in body and mind, if not actually diseased from birth.

Many philosophers think that the elements of national

prosperity lie in the soundness of the code of matrimony; many statesmen are of the same opinion; and all men of sound judgment must notice the force of this view. The physician and the physiologist see, in marriage, something more than the mere act of generation. They have recognized that marriage is not only indispensable to the complete development of the organs, but that it is necessary to the equilibrium of the organic and intellectual faculties—that is to say, to the harmony which should exist between them.

According to the statistical researches of laborious writers, justly celebrated in various fields of science, abundant proof is furnished that such diseases as insanity, epilepsy, hypochondriasis, mania, hysteria, suicidal tendencies, etc., result from its neglect. The immunity from these diseases which marriage, to a certain extent, confers, was well known to the ancients; for they elevated a statue to Hymen, the god of marriage, with these words on its pedestal: "*To Hymen, who retards age.*" Absolute and perpetual continence is almost an impossibility with men, and the condition of celibacy among them is only a means of gratifying their desires, in a great number of cases, without the care and embarrassments of a family. To this extent they shirk the responsibilities of life.

According to the statistics of several French, English, and German philosophers, the mortality among unmarried men between the ages of twenty-five and forty-five, runs twenty-eight to the one hundred, while among married men, between the same ages, it is but eighteen to the one hundred. For seventy-eight married men who reach the age of forty-two, there are but forty of the un-

married. This difference becomes still more marked as age advances. At the age of sixty, of one hundred men but twenty-two bachelors remained alive, against forty-eight married men; at ninety, there were nine married and only three bachelors. In women this is even still more marked.

It may then be considered a demonstrated fact, that marriage is necessary to the maintenance of health. It assuages the violence of desire—its impatience, inquietude, and chagrins. By sustaining the general equilibrium of the functions of the body, it preserves the mind also active and free. It imparts to man the noble qualities of friendship, charity, and generosity; and its honorable pleasures, in a true wife and obedient family, are more than compensatory for all the disappointments and miseries of life.

CHAPTER IV.

PHYSICAL HYGIENE.

Habitation—Its Requisites—Clothing—Exercise and Repose—Food and Drink—Their Character—Sleep—Necessity of—Time of and Duration—Baths—Mental Exercise—Periods of Marital Intercourse—Evils of Excess upon the Body and Mind.

HABITATION.—The habitation should be well ventilated, spacious, dry, and removed from every source of infection, such as bad odors form. The physicians of the husband of Queen Victoria ascribed his death to the fact that an open conduit in his sleeping chamber was in communication with a sewer into which the contents of a privy found escape. There should be at least twelve hundred to fifteen hundred cubic feet of air in the apartment, and the windows should never be so completely sealed as to prevent its frequent change; as the exhalations from the lungs soon contaminate the air of a closed room.

Clothing.—This should be comfortable at all times, and conformable to the season of the year. Too much clothing renders the body easily sensitive to cold on the slightest exposure. Experience has shown that they who wear light clothing resist more easily the variations of the atmosphere. Linen should be changed at least twice a week, and where the cutaneous (skin) exhalations are great, much oftener.

Exercise and Repose.—A certain amount of muscular exercise is indispensable to the full performance of every function. Men of fortune may take this in the most agreeable manner in riding, rowing, hunting, etc.; the mechanic finds it in his daily work. After exercise, repose is as necessary, to give the body sufficient time to repair the losses which exercise has occasioned, and rest should be proportioned, in duration, to the time expended in exercise and the amount of fatigue experienced. In general, exercise should be suspended as soon as the least fatigue is experienced; for if repose be insufficient to repair the daily loss, the individual is soon the subject of an obstinate and chronic debility.

Food and Drink.—They should always be of good quality and taken in moderation, that they may be digested with perfect ease. Nothing is more pernicious to health than gluttony and intemperance; as a sick stomach soon engenders a sick body and a sick mind. The hour of food should be regular, and the duration of eating should never be prolonged beyond the actual want experienced. The voice of Nature is, in health, an infallible guide to the quantity. Food should be eaten slowly and well masticated, that it be thoroughly moistened with saliva. An interval of five or six hours should intervene between each repast; for the stomach requires its rest as much as any other organ of the body. Man is omnivorous, and therefore requires every variety of food. Either vegetable or animal food alone are insufficient for perfect nourishment, and each alone engenders a predisposition to, if not an attack of, certain diseases, which may only be cured by the adoption of what is called the mixed diet. Wines and all kinds of fermented liquors

should be used with the greatest moderation. They should never be taken before meals, as they stimulate the stomach to take more food than may be properly digested. During, or just after meals, is the suitable time. The terrible evils of the abuse of alcoholic liquors is too familiar to require any warning here.

Sleep.—All living beings, from the lowest animal up to man, are subject to those laws of Nature which impose the necessity for sleep. The waking season is the period of active life, wherein the various forces are dispensed; sleeping is the season of passive life, wherein the forces are repaired. Sleep is absolutely necessary for the entire repose of the locomotive system, and for the reparation of the nervous forces lost during waking. It is so much the more refreshing when it is most tranquil. The celebrated Hufeland has observed: "The privation of sleep quickly expends the vital forces; nothing is more capable of conducting to a premature old age." But if the loss of sleep injures health, is not its excessive indulgence also injurious? The individual who thus abuses sleep, becomes indolent, effeminate, and apathetic. Nature has herself furnished the indication for the time which should be devoted to sleeping and to waking. From the hour of sunrise to that of sunset is the period of activity.

In a certain class of society these hours are reversed. If the appearance of the enfeebled aristocrat be compared with the robust villager, the most casual observer may judge whether this be conducive to health. In general, the duration of sleep should be from six to eight hours,—never below six—never above eight. The old school of Salerno never permitted more than seven. To sleep even

eight hours, unless the body or mind be greatly fatigued, is to devote one hour a day to indolence. The hygienic rules of procuring refreshing and tranquil sleep, may be condensed as follows:

Never retire upon a full stomach. Free the mind from the cares which infest the day. Secure a spacious and airy chamber exempt from moisture, and from every odor, even though agreeable. Let the bed be neither too soft nor too hard, too hot nor too cold. Observe a horizontal posture, with slightly elevated head. Above all, take a proper amount of physical exercise by day, and preserve an agreeable and cheerful temper. The necessity of frequent bathing to sound health, is too apparent to require further notice. Of such importance are frequent ablutions recognized, as to justify the proverb, "Cleanliness is next to godliness."

Mental Exercise.—The superiority of the human race over all animate creation, depends upon the greater development of the brain and nervous system. It is important, then, to preserve this ascendancy, that these organs be exercised continually, that their circle of ideas may be increased. It is by study that this result is obtained; but study should never be excessive, and like physical, all intellectual work should be suspended as soon as the least fatigue is experienced.

The culture of the mind develops all the faculties—memory, judgment, and reason. It elevates the soul, engenders good sentiments, and ennobles the heart. It renders us good and useful as well. It strengthens the bonds between man and wife, and teaches them to impart a good education to their children. The cultiva-

tion of the mind is the source of numerous pleasures of which the uneducated remain in eternal ignorance.

This chapter on physical hygiene can scarcely be finished without some allusion to the relations of married life. It is a well-settled fact that there are few drains upon the physical system which are so exhausting as that of sexual connexion. This is, from obvious reasons, much greater in man than in woman. An all-wise Nature has established periods when it should be held in perfect abstinence. They are those of menstruation and of pregnancy. The Jews are prevented, by a law of their creed, from sexual indulgence during the periods in which a woman was considered unclean. "What the excess in the indulgence of this imperious passion is," says an eminent medical writer, "the majority of men do not know, and physicians do not give as much instruction as they should, both for the good of man and woman. In bringing instincts, appetites, and passions, under the dominion of reason, conscience, and will, man proves his native nobility and his hero-power. Most persons could be educated to this sublime effort and secure this triumph. But if those who are to teach men the laws of life are silent, what wonder that young men, especially, rush into venereal excesses. Mr. Acton lays down, as a law for the government of men, that sexual indulgence should take place but once in a week or ten days, and this only in case they are strong and healthy. Tried by this standard, the majority of men could certainly be charged with excessive coition," not only to their own detriment, but, undoubtedly, to that of their wives; for the genital organs of both sexes are as much in need of repose at stated periods as any other organs of the body. Besides the

physical degeneration which frequent indulgence begets, besides the degeneration of the seminal fluids which ensues, whereby the offspring of the "stale marriage bed" is made to suffer, there is exercised upon the minds of both parties that most evil influence soon leading to that degree of familiarity which proverbially breeds a mutual contempt.

CHAPTER V.

MORAL HYGIENE.

Conjugal Fidelity—Jealousy—Ancient and Modern Customs—Man's Conduct to his Pregnant Wife—Ancient Laws—Modern Views—Are Illegitimates favored by Nature?—Contrast between the Offspring of True Love and Passion.

INTERCOURSE between man and wife should always be characterized by mutual gentleness, affection, and profound respect. The greatest confidence should reign supreme, as harmony and happiness are dependent upon it. If, unhappily, this confidence be enfeebled or destroyed—if it become necessary to have resort to duty, or philosophy, or obligation, to sustain the marriage vows, confidence gradually fades away, and with it the foundation-stone upon which the edifice of marriage is erected. If this stone be lacking, the edifice falls, and with it, peace and happiness. The moment confidence gives place to suspicion, the germ of jealousy is developed, and its torments become insupportable.

In the East in ancient times, and still in many lands, the wives of jealous husbands were placed in prison. In India they were prevented from violating their vows by a suture by the act of infibulation,—the same as was afterward practiced upon young men, but which, as Juvenal informs us, the lewdness of the Roman women enabled them to destroy. In Italy, Spain, and Portugal, an ingenious contrivance acted as guard; such a one is now

on exhibition in one of the museums of Europe. In other countries suspected wives were placed under the watch of some female Argus, who was never allowed to quit their presence.

In France, where husbands are less jealous and more philosophical, as it is called, on account of their own frequent immoralities, these sutures, etc., were never very extensively employed; for it was well-known that they form but a slight obstacle to those with whom such means are necessary. Wherever employed, they have only excited the passions which were to have been destroyed. Ever since the apple of Eve, is it an acknowledged fact that women long most for fruits most strenuously forbidden. The following instance of their inutility, which excited considerable sensation in France, was, perhaps, also the means of their complete abolition.

A young wife, beautiful and amiable, was married to a man of advanced age—a man of the world, as it is said—who conducted her into the most brilliant saloons of Paris. She soon became the object of marked attention, and most particularly from the hands of a young and handsome cavalier. At this her husband became incensed and exceedingly jealous. Being compelled to leave the city for a time, he placed her in such a position as to necessarily preserve the chastity which he feared his absence would destroy. The young woman had been hitherto perfectly innocent of his accusations or fears. She now deliberately resolved to give him cause. After much reflection and consultation with a *confidante*, she succeeded in evading his guard, and presented herself to her admirer with these words: "Sir, I have hitherto been honest and upright before the world. But since

my husband has been guilty of this atrocious act of unwarrantable jealousy, I am resolved to forfeit my honor in revenge." A bitter remorse seized her afterward, but her vengeance was complete.

If the conduct of a man toward his wife should, at all times, be kind, and gentle, and affectionate, how much more so should it be the case when she carries in her breast the offspring of their mutual love. Among most of the nations of antiquity a pregnant woman was sacred, and the law imposed the severest penalties upon a man who would maltreat her. If we take a review of former times, writes Montgomery, a conviction will be forced upon us not very flattering to our fancied superiority above our ancestors in our watchful care of our women when pregnant, or in the legal provisions enacted for their protection and comfort; in both of which respects the laws and customs of the earliest periods seem to have greatly excelled, both in justice and humanity, those which, even at this day, prevail among us. The Jewish law decreed that, if two men quarreling, injured a pregnant woman so as to make her miscarry, she not suffering in health thereby, they should be liable to punishment at the discretion of her husband, and to such fine as the judges should determine;—if she sustained bodily harm, then the law of retaliation was to be put in force; but if she lost her life, the punishment of death was awarded them; and although the Jews were, in general, strict observers of the ordinances of the Mosaic law, they allowed pregnant women the use of forbidden meats, lest the child might suffer from their longings.

A law of Lycurgus required the citizens, in public places, to turn aside and make way for them; and at

Rome they were exempt from the necessity of standing aside or mixing with the crowd to make way for the passage of the Consuls or others in authority; but, on the other hand, harsh treatment was, by many, considered justifiable and proper toward those who were pregnant, but unmarried.

Religion and the progress of civilization have, long since, produced a more just appreciation of their natural rights in this respect; and while, on the one hand, the privileges of pregnant women have been wholesomely restricted, a more reasonable allowance is made by mankind in general for the frailty of our nature and the errors of passion; and its victims obtain more of the sympathy and kindly consideration of which they stand so grievously in need.

The Athenians spared the life of the murderer who took refuge under the roof of a woman with child. In Rome, also, they were exempt from trial, and a crown was suspended over the door where women were confined, to intimate that the house was a sacred asylum for the time. A nearly similar custom exists at Hærlem to this day. The Roman laws allowed them the same privileges as did those of France,—in the Code of which country, at the close of the last century, an enactment existed which forbade that a pregnant woman should be brought to trial; the humanity and propriety of which provision can not be too much admired.

In proud America, where woman enjoys more power and privilege than any land of earth, she is ashamed to appear upon the streets, and considers her condition one of reproach.

In the middle, and more particularly the lower classes,

man is often brutal to his pregnant wife, and she is subjected to every kind of indignity. This digression, although proper to our subject, will find its utility if it calls the attention of men to the necessity of the care and attention which women at this time need.

One more question before this part of our theme—Moral Hygiene—is left. Is it true, as is commonly asserted, that the *Enfants de L'Amour* (illegitimate children) are more favored by nature than the offspring of the marriage bed? This question is decidedly negatived by both physiology and experience; for the difference has not and can not be established. The children of marriage are the offspring of sincere and genuine love; those of adultery are the products of passion. The act of passion is accomplished furtively and with fear, which even the strong instincts of passion do not completely overcome. It is often effected without the least sensation of pleasure, at least on the part of the female; and although it is a well-settled fact that the sensations of the female have nothing to do with the occurrence of impregnation, or the progress of pregnancy, when the embryo is once fixed it is as undeniable that the anxiety of the moment, the fear of interruption, attending illicit intercourse, render the dangers of conception much greater. One of the most grievous accidents of delivery has recently been attributed to this cause.

If we analyze the physical and mental condition of the unfortunate female who carries within her breast a "child for the cradle before a husband is found for the bed," we discover that she is subject to a thousand cares and anxieties from which the married woman is free, or for the least of which she finds sweetest consolation in a proud

and affectionate husband. This disturbance of her nervous system can but react unfavorably upon the body, and every one will admit that the procreation of vigorous and healthy children must demand a healthy and vigorous parentage. If to all these unfavorable circumstances be added the profound grief into which the unfortunate young woman is plunged by the so frequent desertion of her cowardly paramour, a grief which not infrequently hastens her untimely death, it must be acknowledged that infants of this category are far from being as favored by nature as those born of legitimate marriage. Oppose to this, on the other hand, the favorable conditions under which legitimate children are born, the happiness of their conception, the care of their intra-uterine life, the joy at their birth, and the cultivation and education afterward bestowed, and the acknowledgment must be made that the difference is as much in their favor as is the difference between the despised and neglected weed of the field and the bloom and the fragrance of the exotic of the conservatory.

The few exceptions which are here and there furnished by history do not, in the least, destroy the force of this rule. Occasionally there have, undoubtedly, been instances of illegitimate children which have developed into men of merited fame and renown; but even in most of these cases, if their origin be traced, it will be found that they were born of parents who were, notwithstanding their unmarried state, still in the enjoyment of many of the immunities of conjugal life. For the rest, if the registries of foundling hospitals, maternities, and workhouses, be consulted, it will be found that their products have, so far from achieving any positions in after-life,

been the most numerous inmates of our jails, and hospitals, and houses of charity. Nor is there anything in their favor as regards physique. Of one hundred infants whose histories have been followed, one-fourth died before the age of fourteen; another fourth were marked by various bodily deformities. All this is only in accord with the reasonings of the commonest kind of common sense.

CHAPTER VI.

HEREDITARY INFLUENCE.*

Its Laws—Exceptions—Mysterious Phenomena—Curiosities among Animals—Some Attempted Explanations.

FROM almost the beginning of time, it has been known that children inherited the constitution of their parents, their morbid dispositions, their vices, and their good qualities; but the law which governs the nature of transmissions was scarcely understood until of recent date. Hereditary transmission is not an invariable phenomenon, because children do not always resemble their parents: were it a constant rule, the races of mankind living now would be only the faithful reproduction of races gone by; such uniformity is not, however, the case, because resemblances are not always transmitted. The law of hereditary transmission is, likewise, governed by a power which tends to restrain it and destroy it. The influence of the father and the mother, from each of whom the individual takes a portion of his identity, is forcibly diminished, the one by the other; external occurrences—the climate, the birthplace—will also give a new feature to a descendant; all these circumstances tend to modify the law of transmission. The birthplace is one of the chief causes which exercises the most constant influence

* Avail is here made of a previous translation.

upon the individuality transmitted by parents. Upon the choice of the birthplace do breeders of animals almost always depend in order to obtain a totally different breed. They choose from a certain number of subjects the particular animals possessing the qualities required to be propagated; they are united together, and, in thus repeating the same operation several times upon the descendants, breeders succeed in obtaining the desired race. It is thus that animals may be obtained carrying either an excess of flesh or of fat, at the will of the breeder; horses with a large or small chest, birds with any color of feather desired, etc. Dr. Donnecy goes further still, by taking rabbits for his experiments, from which are procreated a species all of whose extremities will present such variety of monstrosity as is determined before reproduction.

If we now examine the different physical and moral conditions to which mankind are liable to become heir, we see that very few, indeed, escape the law of hereditary transmission.

Thus we shall see how the imperfections and vices of parents, the moral degradations, the monstrosities, the sad and frightful catalogues of numerous diseases, etc., may be transmitted or not; the law of hereditary transmission, in this mode, not being well understood, and being subject to variations without number.

Transmission of hereditary influence is the most extraordinary phenomenon of Nature; the child may even resemble neither its father nor mother, but may take its resemblance from the man who was the first husband to its mother. A woman is married a second time, say three years after the death of her first husband; she brings

forth children resembling her first husband, but bearing no resemblance whatever to the second husband; this is hereditary influence and an extraordinary phenomenon of Nature, although not so common with mankind as it is with animals.

An English mare was covered by a quagga—a species of wild ass from Africa, which is marked somewhat like the zebra. This happened in the year 1815, in the park of Earl Morton, of Scotland. The mare was only covered once; went eleven months, four days, and nineteen hours, and the product was a hybrid, marked like the father. The hybrid remained with the dam for four months, when it was weaned, and removed from her sight. She probably saw it again in the early part of 1816, but never afterward. In February, 1817, she was covered by an Arabian horse, and had her first foal—a filly. In May, 1818, she was covered again by the same horse, and had a second. In June, 1819, she was covered again, but this year missed; but in May, 1821, she was covered a fourth time, and had a third;—all being marked like the quagga.

Similar facts have been alluded to by other writers. Haller remarks that the female organs of the mare seem to be corrupted by the unequal copulation with the ass, as the young foal of a horse from a mare which previously had a mule by an ass, has something asinine in the form of its mouth and lips; and Becher says that when a mare has had a mule by an ass, and afterward a foal by a horse, there are evident marks, in the foal, of the mother having retained some ideas of her former paramour—the ass; whence such horses are commended on account of their tolerance and other similar qualities. So

the human female, when twice married, bears children occasionally to the second husband which resemble the first, both in bodily structure and mental powers.

"The mode in which the influence is exerted," writes the eminent Dunglison, "in this and similar cases is unfathomable; and the fact itself, although indisputable, is astounding. Sir Everard Home thinks that it is one of the strongest proofs of the effect of the mind of the mother upon her young that has ever been recorded. Although," he continues, "we are totally incapable of suggesting any satisfactory solution, it appears to us more probable that the impression must have been made in these cases on the genital system, and probably upon the ovarian vesicle rather than upon the mind of the animal." Dr. Harvey, professor at Aberdeen, unmistakably proves the influence of the first husband over a chaste woman—his influence being transmitted during two or three generations, although the woman may have subsequently been married to other husbands. Other physiologists have observed instances of the same kind happening in some families; and cases are cited where widows, having married a second time, have brought forth children whose resemblance could be traced only to the first husband. Hereditary transmission is evidently based upon authenticated facts, and establishes a law in the organic tissue of living beings.

CHAPTER VII.

PHYSICAL TRANSMISSION.

Its Universality—Evils of Precautionary Neglect—Ancient and Modern Examples—The Transmission of Stature, etc.—Of Corpulency and Color—Of Fruitfulness and Barrenness—Of Long Life—Monstrosity—Of Accidental Mutilation—Of Loss of Senses—Aversions, etc.

THIS is the most general and the least variable of hereditary transmissions;—for instance, the physical type or exterior formation; the features of the face; the size, the form, the color, etc., from which national, family, and parental resemblances almost always follow. Thus, children issuing from parents whose progenitors have reached an advanced age, possess chances of longevity. Those, on the contrary, whose ancestors and progenitors have enjoyed but delicate health, or whose mothers have tampered with their wombs, possess chances of an opposite nature, and their lives will be of short duration. Death will soon cut them off, and if a small number escape the dreadful law, it is due to precautions from the great care of which they should never be deterred.

Breeders of horses know well that two animals of an inferior race will never produce a race-horse; such is, strictly speaking, the law for man—debilitated husbands and wives, or wide disproportion of ages in marriage, will never produce robust children. If all marriages were contracted upon this simple truth, how much mis-

ery and early death would be avoided! In considering the degeneration of mankind so plainly in the great centers of modern civilization, we find that man is truly accountable for his unpardonable errors. If one so often meets in large cities—indeed every-where—numberless pitiful, sickly, lean, counterfeit human beings, this physical degradation is to be laid to the excesses of young men of the day; it can be traced to the enfeebled constitutions of parents, to the intemperance of fathers and mothers, to voluntary abortion, and to the disproportion of ages between parties who contract marriage. It is a wonder that men have become so civilized, and yet remain blind to these facts.

The people of Lacedæmonia condemned their king, Archidamas, to pay a fine for having married a delicate and small woman, giving for reason that she could only give a puny king to the Spartans.

The greatest care was given in Greece to perpetuate the beauty of faces and of forms in some families. The handsomest man of all Greece, Alcibiades, was a descendant of ancestors who were remarkable for their beauty. The fact is known to every one that the regularity or irregularity of features, with their peculiar charms or ugliness, are all hereditary.

In Rome, although several generations of noted families have passed away, yet their descendants are as well known to-day by the length of their noses and the thickness of their lips, as they are by their proper names. Aquiline noses have been, during centuries, and are still, hereditary in the royal house of the Bourbons and the Borromeos of Milan. The low foreheads, the double chins, the small eyes, the large mouths, are perpetuated

in a great many families. The form, the size, the length of the neck, of the bust and extremities, are transmitted with the greatest fidelity. In some families it is the large heads which parents transmit to their progeny; in some others, the smallest of heads. With the latter, a long bust and short legs, with small feet and hands, are usually the accompaniment; in the former, hands and feet are enormous. Thus it is with every part of the human body,—forms and dimensions being transmitted with facility and regularity.

The most common hereditary transmission is the stature of man. The union of small statures as well as the union of large statures, produces offspring similar to themselves. Upon this principle did the father of Frederick the Great form a regiment of giant soldiers. This celebrated king would not allow any soldier of his bodyguard to be married, unless it were with a woman of about his own size.

An English paper relates a fact which demonstrates clearly enough the transmission of statures: A man of six feet six inches, weighing four hundred and sixty-two pounds, was summoned before a court to answer to the accusation of a fraudulent transaction; the questions put to him on the occasion revealed the fact that his father was six feet and three inches, and his mother six feet; his brothers and sisters, to the number of four, adding their lengths together, produced twenty-five feet eight inches.

Venette relates the case of a woman who lost her life at her third confinement in consequence of the impossibility of delivering her of a child who had inherited the wide shoulders of his father. She had barely escaped

with her life from the difficult labor of two previous confinements, owing to this hereditary cause. Husbands with broad shoulders, married to women with narrow hips, can not, therefore, inspire the physician with the hope of a spontaneous delivery.

Corpulency is another mode of inheritance which degrades the human form, and is transmitted from one generation to another; idleness, no doubt, accompanied with an overabundance of succulent food and want of physical exercise, may be among the causes which sometimes bring on corpulency; but it will be found, upon careful examination, that the true cause is hereditary transmission.

With all the various species of living beings, the color is also faithfully transmitted, as well as the stature; in each race it is transmitted with a remarkable degree of constancy, and is hereditary in some families. The mixtures of the colored race with the white race have given birth, in the human family, to a variety of colors which is well understood in the South. A mixture of pure black with white, produces the mulatto; the white with the mulatto produces the terceron; the white and terceron beget the quadroon; this last color, mixed with white, produces the octoroon,—and so on to the original type.

In marriages where the complexion of both parties is fair, the children will be fair; those of dark complexion produce their like; but if fair and dark complexions are united together, the children will be nearly of an auburn color. The aptitude for reproduction is hereditary, and is manifested to a greater or less degree according as the organs of generation are left to perform their action without stint.

Osiander relates the case of a countrywoman who was confined ten times in fifteen years, and gave birth to twins and triplets, producing together twenty-eight children; her last delivery consisted of three girls, who lived, married, and gave birth—the first to thirty-six children, the second to thirty-one, and the third to twenty-seven. Burdach's Physiology mentions a woman who gave birth to twenty-four boys and six girls: the six girls procreated seventy-six children, of whom sixty were males;—this productiveness was certainly hereditary.

By a contrary rule, sterility strikes in some families, which run out and become extinct. Sterility, or the impossibility of perpetuating one's flesh and blood, is not so common with men as it is with women. This infirmity was considered as a curse among the ancients, and their laws not only granted, but obliged a divorce to be decreed from unfruitful marriages, because, in those times, the great object of marriage was to increase, and not to decrease, as it is in our day.

The purer the morals of a people are, the more women desire fruitfulness in child-bearing; it is only in periods of corruption and degradation that women fear the hallowed name of mother. In India and Egypt sterile women were looked upon as unfortunate, and to be pitied. Sterility among the Hebrews was considered as a shameful affliction, and women accepted it as a punishment from God.

Nobody contests the fact that long life is hereditary in some families. Thomas Parr saw ten kings and queens on the throne of England, and died at the age of one hundred and fifty-two, leaving a son aged one hundred and thirty. It is vain to look for longevity in families

where immorality prevails; nothing short of the strictest morality and the simplest mode of living will prolong life.

Transmission of malformations and great monstrosities, are recorded in the same way; sadder still to relate it, idiocy and feeble-mindedness are more common now than in olden times. It is also undoubtedly true that man is heir to vicious conformations of the body to deformities, mutilations, idiocy, etc.; all these infirmities can not be escaped wholly, but are transmitted as well as other maladies.

Pliny relates that Caius Horatius transmitted to his daughters only, his supernumerary fingers. Van Derbach mentions a Spanish family, forty members of which had inherited supernumerary fingers. Dr. Marc knew a family where, for three consecutive generations, navel ruptures were transmitted only to the male children. Hare-lip is transmitted with the greatest facility; blindness, deafness, loss of smell, stuttering, etc., all these obstinately pursue some families, and quit them only after a long series of generations.

We often see or read of cases of humpbacks, lame or otherwise deformed persons, from whom children inherit their deformity—sometimes one generation escaping, the same again appearing in the succeeding generation. Hereditary power is so deeply laid within the blood that moral and physical modifications which appeared perfectly extinct in one family, return again after several generations have passed away, and may be perpetuated for several generations to come.

Accidental mutilations experienced by parents, are seldom transmitted to children; nevertheless several cases

of these transmissions have been recorded, and one or two are mentioned by Bœrhaave and Blumenbach.

A laborer, who lost the left forefinger by the cut of an ax, begat two children showing the same mutilation; his wife having died, the good laborer took unto himself a second wife, from whom one boy and two girls were born, each minus the left forefinger.

Tulpius states that while a young woman was amusing herself by applying a child of five years to her breast, it was seized with a fit, suddenly closing its mouth and biting off her nipple,—the girls who were born from this woman were each deprived of one nipple, the only difference between them being that in one the left nipple, and in the other the right, was wanting.

In a family where lameness was hereditary, one of its members who escaped this deformity, was married; two boys were born, escaping the lameness, but his only daughter became heiress to the deformity:—one of the two sons who married, afterward begat a son and daughter,—the former was lame only to a slight degree, while the latter could scarcely walk.

Certain vices and certain misfortunes are also frequently seen. Thus, loss of smell, short-sightedness, deafness, blindness, nervous twitchings, aversions, antipathies, are also hereditary.

King James I, of England, could not behold an unsheathed sword without shuddering and fainting; because his mother, Mary Stuart, being pregnant, had seen Scotch noblemen murder her Secretary with a similar weapon, from which she received a few slight wounds.

Many have read the story of the young man whose mother had such a strong aversion to injections that the

sight of the smallest syringe caused her to faint in consequence of the torture which she had endured from an injection of boiling water. Her son, to whom this invincible aversion had been transmitted, having been suddenly taken ill, was carried to the hospital, where an injection was prescribed; in spite of his remonstrances, his yells, and all his efforts to the contrary, the injection was administered to him; but a few minutes afterward the unfortunate young man died!

Thus are transmitted to our descendants, intemperance, drunkenness, hatred, anger, jealousy, as well as other evils of our nature, which are more or less overcome by moral and religious education in schools and academies.

CHAPTER VIII.

MORAL TRANSMISSION.

Definition—Modifying Causes—Transmission of Intellect—Transmission of Passions—Exceptions—Its inevitable Recurrence.

THE law of hereditary transmissions does not confine itself to physical organizations only; it also follows man in his moral and instinctive faculties. Intelligent and observing hunters recognize the truth of the French proverb, "*Bon chien chasse de race*" (blood tells), to express the requisite qualities of the young dog, which depend upon those of his father and mother; so it is with man, but with modifications.

The transmission of intellect seems to be a logical consequence of physical transmission; because, if transmission of the features, the bodily ailments and health, the constitution, the brain conformation, are transmissible, the moral faculties and dispositions must also be transmissible, since they are, beyond doubt, the result of physical organization. Physical identity implies moral identity,—that is, the peculiar form of the body indicates the quality of the character, and children will reflect more correctly the qualities of their father and mother according as their bodily resemblance to them shall be more striking. Education, joined with surrounding influences, may, in some degree, vary this rule; but it will be found that similar tastes and inclinations to those of the progenitors still exist after all.

Transmission of intellect, of moral force, or of moral weakness, can not be contested more than other qualities; parents with a vigorous cerebral organization, with a soul cultivated by a liberal education, will generally procreate children of intelligence and ability; while parents plunged in total darkness must give birth to beings who are more or less stupid and vicious.

History points out families whose children, from one generation to another, have inherited the highest degree of intellectual worth and capacity; it also points out others inheriting narrow-mindedness, brutishness, idiocy, imbecility, transmitted from mother to son and from father to daughter. Thus, the family of Miltiades produced heroes; that of Pericles, profound politicians.

The wonderful fecundity of illustrious men produced by the Pepin family is historical, and, after several generations of distinguished kings, the immortal Charlemagne appears as the highest and noblest expression of genius in that family.

History points out, also, the crimes and debaucheries transmitted in some royal houses: the Viscontis, despots of Milan, transmitted, for several generations, their ardent thirst for tortures. Behold Luchino setting his dogs upon men to have them devoured; Barnabas, his nephew, inventing atrocious tortures to gratify his own eyes; Galeas, brother of the preceding, making a display of his abominable nature by inventing the forty days' torture! A sense of horror chills the soul of him who reads such cruelties.

With the Medicis the thirst for power was transmitted; with the Stuarts, stubbornness, bigotry, and pride; with the Valois, an exaggeration of all the passions. Wil-

liam Pitt and Mirabeau are hereditary types of exalted heads with a combination of strange defects, vices, and whims.

As a general rule, it is only where parents impair their own health by some physical or moral cause, or the training of their offspring is turned away from its natural channel, that transmission of hereditary intellect is weakened, or else ceases altogether. Objections may be made to this rule, for it is well known that intelligent parents have procreated beings of a very ordinary caliber; that such cases are often seen in our own times, can easily be accounted for.

Let a child be born with the best model of brain-conformation,—however promising his intellectual powers may be, if this same child has an unnatural mother, is assailed with sickness—if, in its youth, some diabolical habit is practiced, his superior intelligence will soon be impaired of its natural force.

It is said, with truth, that the most illustrious men of ancient and modern times, such as Socrates, Plato, Julius Cæsar, Napoleon I., have not transmitted their wonderful intellectual power to their progeny; but let us pause one moment, and remember that these great men were gifted with more than extraordinary intellects: the Creator gave them genius, and genius is not transmissible; the birth of a genius requires an extraordinary effort of Nature, and then follows a long space of time before an effort of the same nature can take place. Divine Providence knows best why such men appear and disappear once in a few hundred years.

Intermission is the strongest phenomena of hereditary transmission. When a suspension of the active organs

of our economy takes place, be it of short or long duration, according to the state of health or disease in which the body may be, it is termed intermittence. Thus, rest is the suspension of action; sleep is the interruption of wakefulness; the state of calm between two paroxysms of chill and fever, or periodical neuralgia, are intermittences. The same interruptions and intermittences also occur in hereditary transmission; one generation may escape, but it is sure to reach the next one. It may even be in a state of repose for several generations, but, sooner or later, it appears again with all its force, and the long interruption which took place appears as a pleasant dream, when the evil again returns, which seemed at first to be lost forever.

CHAPTER IX.

THE MYSTERY IN REPRODUCTION.

Influence of Different Parents—What History says—Poetry, Sculpture, and Music—Words of Cheer.

THERE is a mysterious influence, which is exercised by the father in the act of procreating daughters, and by the mother of sons, which should be explained, as far as physiology goes, in a physical and moral point of view.

Fathers and mothers are represented, under different aspects, in their progeny: for example, the father transmits the shape of the head, the frame of the chest and upper extremities to his daughters; while the shape of the hips, of the abdomen, and inferior extremities, are transmitted by the mother. It is the reverse with sons: they take after their mother, in the conformation of the head and upper extremities; while the trunk of the body and lower extremities are from the father. The results of this mode of transmission establish the general rule, that boys issued from an intelligent mother will also be intelligent, and daughters procreated by a father of talent will also inherit his capacities.

Linne, Sinclair, Burdoch, and Muller, believe the mother's influence bears more directly upon the mould of the embryo, while the father's bears upon the vitality. Results of numerous observations, made by distinguished physicians and physiologists, establish the general rule,

that the mother transmits her moral qualities to her sons, and the father to his daughters. It is the simple truth, when it is said that mothers who tamper with their wombs, or whose whole thoughts are directed to carnal pleasures, bring forth sons who are a curse to parents and a disgrace to community. Observe children issuing from mothers who curtail the number of their family as they would domestic expenses, and the truth will be confirmed in the majority of cases.

What does history say? Aristippus, a disciple of Socrates, procreated Arete, the most remarkable woman of her time. Lelia, daughter of Lelius, the orator, inherited the gift of speaking from her father. Hortensius transmitted his eloquence and brilliant elocution to his daughter, Hortensia. This heroic woman plead the cause of the Roman women before the savage triumvirs, and gained it. Livia was the mother of Tiberius, and Agrippina of the cruel Nero. The daughter of Caligula was as cruel as her father. Clotaire II. was passionate, like his mother. Louis IX., king of France, inherited his love for pilgrimages and devotional exercises from his mother. Alphonso IX., king of Castile, well known by his most extraordinary zeal for religion, was the son of a most devoted and religious mother. Catharine de Medicis, like her father, was crafty and treacherous, besides being superstitious and cruel; she paved the way for the St. Bartholomew massacre;—she had two sons worthy of her—Charles IX., who shot down the Protestants, and Henry III., who ordered the assassination of the Guises. Anne of Austria transmitted to her son, Louis XIV., her luxury and pride, and also her taste for the nicest linens, to the most unfortunate man of his time, known in

history as the "Iron Mask." Henry VIII., who sent two of his wives to the scaffold, had two sons of kind dispositions, while his daughter, Elizabeth, born of Anne Boleyn, for some time his mistress, was cruel toward the Catholics, and as profligate as her father. Madame de Stael and George Sand had, both, a father distinguished in philosophy. Burns, the poet, Johnson, Goethe, Walter Scott, Lord Byron, and Lamartine, owed their talents to women of rare wit and diversified style of language. The immortal Washington's mother did not leave any record of remarkable talent, but she was possessed of a noble soul and firmness of disposition.

Nearly all the great sculptors of ancient Greece issued from families noted for their taste in the art of sculpture. The same hereditary transmission is observed with the most distinguished painters whose names are familiar to the world: Vanloo was the brother, the grandson, and great-grandson of noted painters; Van Dyck's mother is known to have possessed the most remarkable talent in painting flowers; Horace Vernet issues from a family of well-known painters. Beethoven's mother was an excellent musician. Mozart received his first lessons in music from his mother.

Examples could be multiplied showing positively the direct transmission, from father to daughter, and from mother to son; and, wherever this mode of transmission is not followed, in some cases it will be found, by ascending the ladder of ancestry, to have existed in the grandfather or the great-grandfather, and so on.

Many illustrious men, distinguished alike in arts and sciences, have not descended from remarkable parents; but it only requires, on the part of forefathers, to have

been wise, temperate, intellectually and physically sound, to furnish all the necessary materials, from one generation to another, for future greatness; and not unlike the unpolished diamond, only waiting for the skillful hand to render it bright and sparkling. Many distinguished men begin a glorious career and it ends with them. Some of the greatest men have left consummate fools after them; but in vain will we search for an example of silly parents procreating children of high intellectual powers.

Yet, should the humblest peasant's son never be discouraged that his parentage will exclude him from the rewards of fame and glory in any pursuit of life. Industry and education will finally overcome every impediment to success; and least of these is that of birth. It is the pride of republics, that the sons of most ignoble parents are granted the opportunities necessary to this success,—as, after all,

> "Honor and shame from no condition rise;
> Act well your part; 'tis there the honor lies."

CHAPTER X.

TRANSMISSION OF DISEASE.

Disease and Crime—Measures of Self-protection—Mysterious Phenomena.

AMONG the numerous diseases by the fatal inheritance of which a mark is left upon the offspring, are contagious diseases, scrofula, diseases of the skin, syphilis, cancer, etc.; also, defects of organization, affections of the urinary organs, consumption, apoplexy, etc.; nervous diseases, and all forms of neuralgia, a disordered mind, insanity;—alas! all these terrible maladies are more frequently and regularly transmitted than the good qualities of parents. This transmission of disorders of the intellect follows the general rule, from father to daughter, and from mother to son; in a family where the father or grandfather has been struck with insanity, reasonable fears may be entertained that the daughters will inherit the disease, and *vice versa*. Human nature is thus not only subject to physical infirmities, but it is also liable to become heir to the most abject moral degradations—such as insanity, mania, etc.

History points to us the truth of hereditary proclivities toward the commission of the vilest crimes, and that theft, suicide, assassination, etc., are but cruel instincts transmitted from father to son—the latter only repeating the criminal acts which had already been perpetrated by some of his forefathers. In our own times the *Police Ga-*

zette discloses every day to its readers shocking dramas committed by some unfortunate sons, and, when the judges push their investigations to the forefathers of the accused, they find out that either a father, or a grandfather, or great-grandfather, has been the author of criminal acts.

Hammer, the historian, admits the hereditary instinct of crime, and exclaims thus: "In the same generation, fœticide and infanticide are closely followed by parricide, and the dagger which has assassinated the grandfather is revenged by the grandson upon the father." These observations are sad to relate; they are, nevertheless, true, and prove most conclusively the law of hereditary transmissions. Without reckoning ourselves who behold in the son of an assassin a "budding assassin;" yet there is no harm done to guard one's self against individuals whose forefathers have violated the laws of nature as well as those of honor; it is simply an act of prudence which may be of some utility. It will be observed, that from its earliest onset, morbid transmission has its predilections, its irregularities of growth, and its limits. All the members of one family are seldom affected, especially where they are numerous; nor is the course followed always direct. Sometimes it follows an uninterrupted line; at another time one generation escapes, while the succeeding one is struck; again, one sex may be spared, while the opposite receives the whole charge. It forsakes the maternal branch and attacks the paternal one.

A father and mother issued from consumptive parents, may enjoy good health, while their own children may be carried off by consumption, which cuts off so many thousands every year. An epileptic father transmits his evil to his daughter, and this one transmits it to her son. Gout

and rheumatism may disappear for a while in some families, but they return again among distant nephews. Hereditary transmissions may again disappear altogether, thus becoming mysterious, inexplicable, and remaining hidden to the researches of the man of art.

Therefore, the son of the thief and assassin may also be cheered that his attempts at a life of virtue and honor will not go unrewarded, and will not have been in vain.

CHAPTER XI.

PREVENTION OF TRANSMISSION.

Concealment of Disease—Marriage of Relations—Selection of Habitation, etc.—Selection of Husbands and Wives—Medical Gymnastics—Conclusion.

THE best means to oppose hereditary transmissions consist in the interdiction of marriage between parties who inherit incurable maladies, and who will infallibly transmit them to their progeny.

The strangest anomaly exists in our day with regard to the propagation of man and domestic animals. Society is silent upon the evils likely to be transmitted by parents to their offspring, while the greatest care is taken that the race-horse, the milk-cow, the hunting-dog, are propagated without the slightest taint of ordinary breed. It is truly surprising that the brute, in this respect, has the advantage over man. Such is, however, the state of civilization in the ninteenth century: money regulates everything.

Families who desire to have their children married take the greatest care to conceal the incurable evils which they inherit, and they unite in marriage a scrofulous, epileptic, or hysterical daughter, to a young man who believes her to be perfectly sound. If there exist laws to annul the sale of an unsound horse, how much more reasonable to annul a marriage from which sickly children must be born!

Would any young woman consent to marry a young man who is epileptic, impotent, or syphilitic, if she had a previous knowledge of his secret disease? In the same category are persons affected with deafness, partial blindness, hallucinations, latent insanity, furious passions, etc. To unite in marriage such individuals, and make a secret of their constitutional taint, is a monstrous piece of imposition, which requires a release from the civil contract of marriage. Marriages between parties of near relationship, where any constitutional evil exists, should all the more be interdicted, because such unions produce worse fruits by increasing all the infirmities which had existed in families from the same source. History points to aristocratic families recruiting themselves within their own bosom, who, besides degrading themselves, bring on imbecility, and finally disappear altogether. Where no constitutional evils exist, and where both are perfectly healthy, marriage may be permitted even between cousins without endangering the offspring.

From the code of laws among the Chinese and Hindoos relative to marriages, we read the following: "If a father gives away in marriage a daughter afflicted with some capital ailment, without having previously informed the intended husband, the marriage may be annulled." The foregoing remarks establish conclusively the importance of choosing a mate whose physical qualities supersede everything else, and thus avoid the daily occurrence of beholding children launched into the world with an endless variety of hereditary diseases. Morbid transmissions do not constantly show themselves at the birth of the offspring; very often a descendant may be struck only at an advanced period of life.

Early marriages, as well as late marriages, often produce puny children. Parents, too, who have some fears of transmitting to their children, scrofula, consumption, etc., should abandon low lands, damp houses, deprived of pure air and the light of the sun, for a locality free from such drawbacks. The simple change from one street to another, or from one town to another, suffices to lessen the liability to the transmission of hereditary diseases in the child not yet born.

Among the best means to prevent and combat hereditary transmissions, the first and most important is to place the subject under circumstances totally opposed to the evil which is likely to develop the germ of the disease.

Thus, if the subject be threatened with scrofula, the cold climate, low and damp places, should be abandoned to live in warm climates and dry lands. The principal food should consist of roast-meats, all kinds of most nutritious diet, tonic drinks, combined with exercise of the body, gymnastics, etc.

The only security—the one which is generally crowned with success—is in matrimonial associations. Everybody knows, and experience teaches it, that the races of domestic animals may be ameliorated or degraded by the choice of subjects connected together. Now, the same rule is applicable to man. The union of two debilitated beings, one of whom bears any morbid transmission, will undoubtedly produce pitiful and miserable children. A robust constitution united to one of a feeble temperament, will make up, in a measure, the deficiencies of the latter, and the fruit derived from such a union will be found satisfactory in the first generation, and, if the matrimo-

nial associations are continued according to the rule, at the second generation progeny will then be sound.

In view of these facts, families afflicted with hereditary diseases must see the necessity of enlarging the circle of their acquaintances, and even seek in other climates, if possible, husbands for their daughters and wives for their sons.

The leading branch of education for children affected with hereditary diseases, such as scrofula, rickets, deformities, etc., is medical gymnastics. It is astonishing to see the efficacy of a physical education in vicious organizations, when especially directed by physicians who make it a special study.

Not unlike the seeds of vegetables waiting for the season assigned to them by the laws of nature for germination, in the same manner does the germ of morbid transmissions only wait, according to its nature, for the favorable age to show itself, and then strike its victim. Rickets manifests itself during infancy; diseases of the heart and lungs during youth; rheumatism, gout, womb affections, piles, manias, etc., during adult life; cancer, apoplexy, etc., in old age. Predisposed individuals should scrupulously observe and submit to a preventive treatment, according as they draw near to the age which should serve them as a warning, while they consider the record of their ancestry.

From the foregoing remarks it is evident that no part of the physical and moral organization of man can escape hereditary transmission; and, moreover, the influence of this incomprehensible power perpetuates itself through several generations.

In a social point of view, these facts deserve the ut-

most extent of publicity; because, were the knowledge of them more widely spread in the community, families would be less eager to seek after a name or a fortune than after the physical and moral qualities of a man, which, after all, must constitute the only solid basis for health and real happiness in this world.

CHAPTER XII.

CONJUGAL SINS.

Prevalence of—Causes—Penalties—Onanism—The Condom—Other Degradations—Purity and Impurity—The Contrast.

EVER since the edition of that great work of Deslandes on Onanism and Other Venereal Frauds, the attention of physicians and humanitarians has been directed to the evils which are thereby engendered. It has been found, too, that they are of far more frequent occurrence, even in marital life, than would have ever been imagined or credited before.

"We hear constantly," writes Bergeret, "that marriages are less fruitful, that the increase of population does not follow its former ratio. I believe that this is mainly attributable to generaic frauds. It might naturally be supposed that these odious calculations of egotism, these shameful refinements of debauchery, are met with almost entirely in large cities and among the luxurious classes, and that small towns and country places yet preserve the simplicity of manners attributed to primitive society, when the *pater familias* was proud of exhibiting his numerous offspring. Such, however, is not the case, and I shall show that those who have an unlimited confidence in the patriarchal habits of our (French) country people are deeply in error. At the present time frauds are practiced by all classes. Two principal causes have contributed to produce this result.

"The first is the diminished influence of religious precepts, which severely condemn such practices. * * * * In this respect, as in many others, moral injunctions are in perfect harmony with the laws of Nature, the teachings of physiology, and the rules of hygiene.

"The second is the increase of general prosperity;—the diffusion of wealth which renders mechanics, farmers, and small proprietors, less anxious to create arms that may labor for them in their old age. They prefer the selfish enjoyment of the present to the care of rearing a numerous family."

But, as with all other infractions of her laws, Nature imposes the severest penalties here, both upon the moral and the physical system. These degrading effects upon man will be shown, after a mention of the disgusting means employed.

The sin of Onanism is, of all, that most frequently practiced. Onanism is most frequently confounded with masturbation—from which, however, it is totally distinct. The Bible reader will remember that the crime of Onan consisted in avoiding the impregnation of his brother's wife by the act of premature withdrawal. Not only is this practice attended with disastrous consequences, most particularly to the female, whose nervous system suffers from ungratified excitement, but it fails most frequently in accomplishing the desired result. This may happen from a variety of causes. In the first place, it is not at all necessary for impregnation that full entrance be effected, as the mere deposition externally will in time, of itself, penetrate and effect conception; and, in the second place, mistakes are frequently made under the excitement of the moment, or when this is increased by a previous

indulgence in alcoholic stimulants. The constant tantalization of the sexual desire in man, and the prolongation of the intense excitement which Nature, for the wisest of reasons, has rendered but of momentary duration, reacts upon his nervous system in the most pernicious manner.

None of the depraved methods which the degradation of passion suggests, however, exercise such an influence as intercourse in unnatural ways. The lowest animal in the whole scale of creation is superior to the degradation of man in this. There is nothing which bestializes the moral nature to the same extent; and it is no wonder that even human law has imposed the heaviest penalties. Reference is here made to the crime of pederasty.

Another resort of the voluptuary is the use of the condom. Nor is this more safe. Their very fragility renders them unfit for the prevention of conception. Should they be made of such material as would not rupture, they of course annul sensation. They may then be dismissed with the words of Madame de Stæl: "The Condom is a Breastplate against Pleasure and a Cobweb against Danger."

We shudder to continue the description of the depth of degradation which is sometimes reached in the desperation of gratifying desire without its natural consequences, and gladly drop the veil over the deeper crimes of man.

"Fraudulent practices, in the conjunction of the sexes, often occasion injurious consequences to the family. They induce tastes and habits of debauchery, and hence lead to inconstancy, infidelity, and adultery.

"Men become inclined to seek the excitement of unexpected or unusual pleasures, rather than to enjoy the natural or easy ones offered in their own families.

"Husbands abandon beautiful, accomplished, and prepossessing wives, to attach themselves to debased concubines, or to disgrace themselves in the filth of bagnios.

"Illegitimate children are the source of troubles and annoyances of all kinds; and for this reason frauds are more common among unmarried persons. When, on the other hand, a man sees himself surrounded by a numerous family, the fruit of a regular life, he is led toward serious ideas and thoughts for the future, which make him repel the seductions of libertinism. Legitimate children are a source of satisfaction; there is no joy purer, more durable, for the human heart."—BERGERET.

CHAPTER XIII.

IMPOTENCE.

Its Affliction—The Charlatan—Causes—Necessary Conditions of Coition—Power of the Imagination—Treatment—Aid to the Physician—Marriage of Impotents—Female Modesty—Congenital Impotence.

THERE are few accidents or diseases which exercise upon the mind of man the depressing influence of a lack of virility. That same voluptuary, Ovid, who boasts of his prowess in one chapter of his Amours, gives vent to the poignant grief of its loss in another. The surgeon is familiar enough with the persistence and obstinacy with which men refuse to permit the most trifling operation upon these organs, when disease or accident renders it necessary. Cases are, indeed, reported of men who have become insane on account of their loss on the field of battle. Still more acutely is the lack of virility experienced when the organs are intact. Every means are resorted to, in relief, and no expense is spared.

That miserable class of charlatans who flood the daily papers with advertisements of the most disgusting character, know these things full well, and are often successful in turning them to account in their mercenary designs. The poor victim is lured into their chambers by the most flattering promises of speedy cure, and is not released until all his money is extorted. Strange fact in poor, credulous human nature, that some men will rather

patronize the blatant scavenger of the dunghill, because he once fished out a gem, than the true physician, who is the regular jeweler of the trade, and deals in nothing else.

Impotence is the inability to perform natural congress in ordinary frequency. Among its numerous causes may be cited—firstly, age. The sexual, like all other functions of the body, diminishes with age, and its continued indulgence, in declining years, only hastens on the end. The genital organs may suffer a lasting atony, too, from premature excess as well. Atrophy, even, or a wasting away, may be induced by excesses in early life, before development is complete. Alcoholic liquors, innutritious diet, the prolonged use of the so-called aphrodisiacs and anaphrodisiacs (excitants and depressants of desire), fatigue, chronic disease, neuralgias, rheumatism, several affections of the brain, protracted mental labor, etc.; in short, anything that tends to enfeeble or enervate the body, are often enough causes of temporary or permanent impotence.

Coition, to be properly executed, says Fodere, requires a certain self-confidence, a complaisance on the other side, quiet and secrecy. That confidence is necessary, is evidenced by the so frequent failure of the newly-married man whose life has been chaste throughout. This is an impotence of the lightest grade, and disappears of itself. The administration of some indifferent drug, and a little patience and perseverance, is always sufficient for cure.

The great power of the imagination is well illustrated by the following instance: A robust and vigorous young farmer in one of the villages of France accidentally incurred the hatred of an old woman who was regarded as a

witch. She thereupon pronounced her malediction upon him, to the effect that he was ligatured so that he could never procreate. Sure enough, at his marriage with a ruddy country lass he was utterly unable to consummate the marriage ceremony. After long and humiliating effort he was compelled to visit a priest, who, understanding his situation, released him from the spell by an incantation of his own, and there was no further complaint.

One of the most frequent causes of impotence is the debility of masturbation. A cessation of the habit and marriage are generally successful in cure, unless the debility be too great.

When impotence is dependent on venereal excesses, the cure suggests itself: when on debility, from whatever cause, rest is required and tonic regimen. When on disease, it is worse than folly for the patient to tamper with himself. He must then be advised by the physician. These are the most refractory cases, too, which the physician has to treat. Of course, one great element in treatment is the reserve of all the vital powers, and it is almost impossible to secure this rest in just these very cases. The slightest improvement is immediately put to the test, and all that has been gained is lost at once. Patients become so depressed in mind that the physician is often forced to grant permission before it is justifiable. "For if the first trial be a failure, self-confidence is lost, and the patient torments himself and his physician all the more."

The question of the marriage of a cured impotent is thus discussed by a late medical writer: "Those who have regained virility to such a degree that excesses are threatened, should, of course, marry, as there is certainly no

better method of preserving the *beaux restes* than marriage. Those also who have acquired a moderate degree of potence may meet with medical concession, but they should be particularly cautioned as to the physical temperament of their selection, as a strongly-developed sexual impulse pays but little regard to the restraints imposed by religion, morals, or society's opinion, or even the consequences of excess. Patients should be reminded that most women are but little desirous during the first years of marriage, and that they may be easily maintained at this. It is not to be forgotten that the period of greatest danger is that following the abolition of the vows of abstinence made at the first labor. Further should patients remember, that there is no better method of preserving female chastity than the maintenance of that female modesty which their husbands are often the very first to destroy. Marriage is decidedly to be interdicted to patients whose impotence is a symptom of brain disease.

Finally, marriage of congenital (born) impotents should be postponed until a long time has demonstrated that the disease is permanently cured.

CHAPTER XIV.

CONCLUDING REFLECTIONS.

The Physical Condition of the American People—Its Causes and Amelioration.

In the seventh century, Edwin, the pagan king of Northumberland, called a conference of his nobility to discuss with Bishop Paulinus the merits of the Christian religion. During the conference, one of the chiefs, not satisfied with the indefiniteness of the old faith, arose and thus addressed the king: "You remember it may be, O king, that which sometimes happens in winter, when you are seated at table with your earls and thanes; your fire is lighted and your hall warmed, and without is rain and snow and storms. Then comes a swallow flying across the hall; he enters by one door and leaves by another. The brief moment while he is within is pleasant to him; he feels not rain nor cheerless winter weather. But the moment is brief—the bird flies away in the twinkling, and he passes from winter to winter. Such, methinks, is the life of man on earth compared with the uncertain time beyond. It appears for awhile; but what is the time that comes after, the time which was before? We know not. If, then, this new doctrine may teach us somewhat of greater certainty, it were well that we should regard it."*

* Bede xii. 2.

In these words of the heathen chief is seen a striking picture of the designed and possible happiness of life. The passage of the swallow was brief but pleasant. Our passage through life is very brief, and from the nature of our condition it may be most happy. We enter it without any knowledge of what was before; we leave it ignorant of what may come after, and whatever may be the ultimate design of the Creator, happiness is the immediate intention of the animal organization. To prove this in the face of the crowded miseries of the people may be a difficult task; but to every student of Physiology it is obtrusively evident that if the conditions of the organism were as carefully followed out by man as they are by the lower animals, there would be less occasion to wail the ills that flesh is heir to, and our brief swallow's flight would be passed comparatively free from disease and physical degeneracy.

The natural condition of all life, animal and vegetable, is painless. Growth is silent, active, unconscious, and it is intended that decay should be gradual, easy, breaking up the organized body in painless, unconscious dissolution. The oak and pine springing from the tender seed, reach out toward the sunlight with gentle, gradual development. Here appears a leaflet, there a tiny branch. There is no rest, but a tireless, ceaseless, painless activity. Gigantic powers are accumulating in the fibers of the growing plants—a reserve power to enable them to brave the force of the storms and the fury of the blasts toward which they are rearing their heads. Year after year they bear their harvest of rich foliage; year after year sees

them slowly decline as silently and painlessly as in their growth—atom after atom receiving its death-stamp. No hot disease has been wasting their strength. No contortions of the limbs, no writhings of the body mark deep agonies within, but in the glory of their power they welcome the tempest sporting among their branches, lending them fresh vigor; and when they die they die as they grew—painlessly.

The same is the case among the lower animals in a wild state. The brutes are guided only by instinct, and in no case is it an incentive to an injurious act. With an unerring precision they select their home and food, and should circumstances cause a change of habitation or life, the instinct and general organism will assume modifications suitable to the new relations. The fact that instinct, in any of its forms, can be cultivated or destroyed, is an indubitable evidence of the efforts of nature to maintain the best possible development under all conditions, so that generation after generation shall present no signs of physical decay.

As a rule the brute's lot is one of peace and contentment. He has no judgment or reason, in their higher senses, to succumb to the powerful spur of the passions and desires. His life is comparatively free from disease, and there are no indiscretions of the parents to be felt by the succeeding generations. In the lives of these animals in their native state we see the results of obedience to the three fundamental laws of nature. First, the living plants and animals are strong *because the plants and animals that preceded them were strong.* Second, they are strong *because they instinctively supply themselves with the proper air, light and*

food. Third, they are strong *because they duly exercise their bodily functions.*

Now, since man has an organization subject to precisely the same laws, and finer sensibilities, rendering him capable of greater happiness accruing from an implicit obedience to these laws, is it possible that there is no such a phenomenon existing as a human being in possession of a structure sound in all its parts?

There have been instances in the present century—there are some yet—of octogenarians on whom disease did not place his withering touch, passing away by a gradual failure of powers, as calmly and unconsciously as they lived. William Cullen Bryant wrote his first masterpiece, *Thanatopsis*, at nineteen, in the vigor of his youth, and the world has lately received the fruit of his eighty-first year after his life had been made sweet and beautiful by untold experiences, and the *Flood of Years* had cast its billowy sprays over his yet unbent form. In some parts of the world tribes are found that present a magnificent spectacle of physical health. During his travels in New Zealand, Captain Cook was astonished at the perfect and uninterrupted health of the natives. In all his visits to their towns and villages he never saw a person who had a single complaint—not even an eruption on the skin or the mark of any. A further proof of their remarkable health was the rapidity with which their wounds healed. In an instance that came under his own observation of a native shot in the arm with a musket-ball, if the Captain had not known that there had been no treatment in the case he says he would

most surely have inquired into the surgical art of the island, so smoothly and perfectly was the wound curing. As a natural result of this physical condition of the people, he noticed that the island abounded in aged men, many of whom appeared very ancient, but they were not decrepit nor diseased. "Although," says the Captain, "they were not the equals of the young men in muscular strength, they did not come in the least behind them in cheerfulness and vivacity. One of the secrets of their health is that alcohol, which has done so much to destroy the vigor of the North American Indians, was unknown among the New Zealanders."

It is with a just and patriotic pride that our writers eulogize the present. The comparison of our day with that of our ancestors in methods of communication, arrests of disease, and facilities for general culture, is one fraught with the keenest interest, in which we seek for the evidence that we are several grades in the advance. There are, however, weighty evils among us which were almost unknown to them, and which are traceable to the abuse of our advantages. As a result of this, it is impossible for us to say we are not gradually declining in physical vigor. It is evident that we are unable, at a moment's warning, to throw into the field an army of athletes such as won the victories of Greece and Rome in the days of their martial glory. But it may not be evident to some that, as a nation, we have not now, nor will we possibly have in the next century, the physical vigor and endurance our fathers could boast of two hundred years ago. Yet it is true.

Those were hardy days before the Revolution. The sound of the woodman's ax, the crack of the huntsman's rifle, kept time to the music of the cascade and the warble of the birds. The fisherman's net was busy in the rivers, the skipper's sloop on the seas. No superfluous luxuries were known then. Rough hands and weatherbeaten brows spoke of hard toils, storms, and dangers, leaving the impress of vigor and endurance on the frame. The rigors of climate cut off the weak, leaving only the strong to grow stronger, and transmit a perfect physical condition to posterity. Their lives were busy in a limited area, beyond which they rarely ever wandered, and they soon became acclimated. The habit of life was especially advantageous to Woman. Constant employment, little nervous excitement, pure air, clothing that did not embarrass bodily motions or functions, made her more fruitful at less risk of life.

This is necessarily the condition of every people in colonies or settlements who are claiming the territory from the beasts of the field, and beginning to open up the resources of the land. The people are scattered, which increases their modesty and sympathy; they are engaged in unselfish labor, which is healthy to piety and honor; voluptuousness and effeminacy are unknown in their humble affairs. So the continuous aid of medicines to combat secret excesses and diseases is not needed. Among the archives of England there is an old state paper, in which this quaint language occurs: "What commyn folk in all the world may compare with the commyns of England in riches, freedom, liberty, welfare, and all prosperity? What com-

myn folk is so mighty in the field as the commyns of England?" This is a truthful boast, and belonged no more to England than to any other people in their infancy, which is always stronger than their later life. Their population increases slowly. Natural selection sweeps away the feeble by infantile disease, famine and pestilence, leaving the robust to perpetuate a resolute and daring race; and it must be remembered that these calamities are by no means as terrible in new as in populous countries.

The excellence of this physical vigor, however, gradually declined as the people gathered into communities, and bound themselves by new social restrictions. The discoveries in medicine, the practice of inoculation for small-pox, the use of more efficient drugs, the improvements in draining, street paving, and an increasing knowledge of the relation of pure air to life, saved vast numbers of those who formerly would have died, and they and their posterity are filling thousands of avenues of employment. This is one, and, perhaps, the main reason why our population increases so rapidly, and, at the same time, it points clearly to the fact that the general vigor of the country is lowered. A population which has a weak physical condition is not able to do strong, active work, and compete with healthy people; and so, in order to keep from being pushed to the wall, they resort to every artifice imaginable, writing their history in new crimes, new sins, and new miseries.

We are the heirs of the preceding generations, and it is our duty to take the materials they have left, and work from them that health and energy which it is

our privilege to enjoy. But we have many things to combat, among which are the results of war—the most fruitful source of national degeneracy. Mr. Ruskin, and many others of our thoughtful moralists, have tried to show that war is really a blessing in disguise; that a protracted and triumphant peace inevitably sows the seeds of future decline; and that many nations have been raised to their highest virtue in times of straightening and battle. If this be true, how bitter is the punishment that thus brings a nation to its senses!—one that is felt, not merely for the present, but whose effects extend to generations. Every new invention gained, or trophy raised by its bloody hands, is an evidence of the great sacrifice by which it was purchased.

Our country has passed through several struggles—the Civil War the greatest. We gained the victory, and now count the cost. The nation was drained of its best blood. None but the strongest and healthiest went. From the workshops, farms, and professional walks were called 1,500,000 of our sinew and talent. For what? That we might be punished for our heinous sins in the sight of God and man, and our eyes opened to a better conception of liberty, justice, and truth. Our eyes have been opened. A great principle was vindicated, but at what cost?

> . . . . . "From rock to rock,
> Each volley told that thousands ceased to breathe;
> Death rode upon the sulphury siroc;
> Red Battle stamped his foot, and nations felt the shock."

Aye! the fibers of the nation are still tremulous from the effects of those dire shocks. In our anxiety

for the safety of the principle at stake, how we rejoiced at the news of victories. But when the God of War locked his temple doors, and we sat down to peace, then we became conscious of our exhaustion. For four years many farms were vacant, and factories stopped, or only partially worked, because there were no competent arms to take the place of the stalwart men then in the field. Thousands who went out robust returned maimed, diseased, or weakened in some other way. They have married, and the results of their misfortunes, or foul diseases, which were contracted by wantonness, may be seen in an unhealthy offspring. We lost half a million of vigorous men, whose places in the generating of a healthy posterity can not be supplied, to whose memory we have reared monuments, and over whose graves national love and regret weep tears of roses. We may well regret this loss. A pestilence or a famine may stalk through the land, but it always ends in the survival of the strongest, while war always issues in the survival of the weakest; and, if it be continued very long, its fatal marks will be seen in the imbecility of posterity.

We are a practical people, full of haste and energy. The Frenchman and German eat, sleep and dream, and the short interval between these states he spends in hard work. We run and fidget and labor, and, if there is any interval at all, we may, perhaps, get a chance to sleep and eat. The consequence is, the European has a strong body and does good work; while we, as a people, accomplish poor results in half a life. We rush through every thing. Education must be finished before the twenty-first year. We

strain the whole nervous system by pushing it in severe labor, when it should be growing and its fibers gaining strength. The result is, we are old at maturity and weak in manhood. We can not be profound because of our haste. Before our young people are ready to work for themselves they are afflicted with dyspepsia, neuralgia and rheumatism—diseases which indicate a failure of the constitution. We are not able to appreciate *rest* and *recreation* in the proper sense of the terms. We are weary when we go to sleep and tired when we get up; we eat at all hours of the day and night, and coax our feeble powers to greater work by stimulants, and hush them by narcotics when they cry out in despair.

The character of our climate is very trying on the nervous system. The territory of the United States is the most extensive in the world under a single government. The people are intimately associated, and the means of transportation so complete, that one can be hurried from the remotest corners of the country in a remarkably short time. We thus pass almost instantaneously from hot to cold, from dry to wet, and from elevated regions to miasmatic morasses without the opportunity of becoming gradually accustomed to the changes; besides, the weather is very fickle. In a single year the temperature may range from —30° F. to 120° F., and very few successive days be uniform with each other. All these things conspire to reduce our people. The nervous system is exceedingly tenacious, and every impression made on it in infancy and childhood is sure to be repeated with increased emphasis whenever similar circumstances occur.

Physically we are not a happy people. Thousands are striving to live by working in a cramped, unwholesome atmosphere, stooping, bending in unhealthy positions, using a very small part of their bodies, growing weaker day by day, and ere the average time of life is passed have sunk away, leaving a family with weaker power to follow them.

By statistics we are told "that since the establishment of insurances one hundred and fifty years ago, nearly one third has been added to the average length of life. Every thing which makes it more easy to live; every sanitary reform, preventive of pestilence, medical discovery, amelioration of climate, drainage of soil, improvement in dwellings, work-houses, jails; every reformatory school, every hospital, every cure for drunkenness—every influence of this kind saves alive annually thousands who otherwise would have died."* This is the work of human sympathy. While natural selection would destroy those who are less fit to live, we save them. Now, is it right to do this at the risk of future national deterioration? The ancient Spartans did not debate this question long, but destroyed all weakly children because it was considered they did not have enough strength to make life satisfactory to themselves or profitable to the state. Medical science was too rude among such people to produce any permanent results when applied to hereditary cases. Our people are to-day what they are through the influence of long generations; and if they are weaker than they should be, it is because they

* Charles Kingsley.

lack knowledge of physical laws and the relation of these laws to life. The only true physical condition is physical perfection with its happiness; for it is evident that God, who has been so beneficent in his blessings on nature, would not order that one part of his creation, and that his masterpiece, should grope in misery and helplessness. Yes, we must take care of these unfortunates. We must teach them that national happiness depends on individual happiness, and individual happiness can be attained only by implicit obedience to physical laws. To reach this object these laws should be taught at every fireside and in every school. People who are working in the hum of the factory, the toil of the bench, and the monotony of the shop, should understand something of digestion, absorption, circulation, the tissues of the body and functions of the lungs; the cause and prevention of infectious and contagious diseases, of scrofula and consumption. Then there would be no risk to posterity in saving the feeble, for in a few generations, by judicious management, all traces of many fatal diseases could be eradicated.

Many people think that mind makes the man; that the days of the Olympian Jove were the physical age and ours the intellectual; that we would rather have giants of mind than giants of muscle; that the man of muscle is all animal, passionate, selfish, cruel. Well, so he is, and withal as stupid and ignorant as Hiawatha's strong man. But what if, by neglecting the laws of our being, a generation is reared whose heads are enormously full of brain matter, but of no brain-power? We do not want either. Nowhere and at

no time was a higher premium placed on both physical and mental excellence than among the ancient Greeks. They were true students of nature. The glory of the poet, historian, and dramatist was proclaimed at the national games, where the supple athletes, the pride of her armies and the defense of the state, contended for the laurel. They were all a people should be—excepting their morals—giants in the field and giants in the market-place. The Apollo Belvedere, Venus de Medici, and Laocoon are not the fanciful creations of genius, but the representations of our conditions as intended by the Creator. But how we have fallen! Reduced by wars, hereditary causes, and ignorance of health laws, our intellectual vigor has also suffered. It is not as strong in us, as a people, to-day as in the days of the Continental Congress. Weakness of body produces a corresponding weakness of mind, which is capable of only hysterical, spasmodic effort. In fifty cases reported by Dr. Maudsley,* of the Royal Lunatic Asylum, Manchester, one-half were made insane by physical causes, as injuries, etc., and the rest by troubles, and hereditary influences, thus showing that the severest mental derangements often follow physical imbecility. But there is something higher than this. If a good, sound constitution is necessary to a healthy intellectual activity, it is equally essential to pure spirituality. According to the laws of the Hebrews, no one tainted with any disease was admitted to the privileges of the congregation. The salvation of the people depended on the slaughter

* "Physiology and Pathology of the Mind," pp. 253–258.

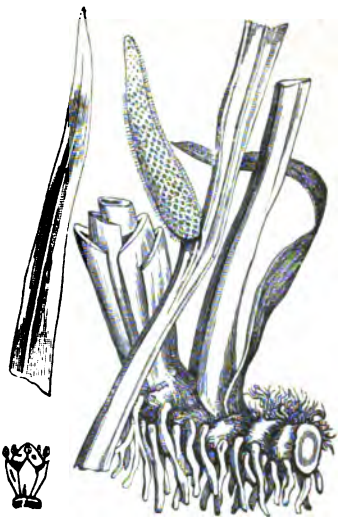
of beasts without spot or blemish—typical of that greater sacrifice made years after; and now we, who are consequently enjoying the latter blessings of the Creator, are earnestly besought to present our "*bodies* a *living* sacrifice, holy and acceptable unto God, which is our reasonable service." If the acceptability of a sacrifice depends on its perfection, what is the hope of the multitude of our people, wasting away as the hereditary inmates of poor-houses, squalid alleys, and wretched cellars?

The mind draws its strength from the body, just as the tree its nourishment from the roots. That population which is weakly and diseased will have weak and diseased ideas of God. It can not rise into those grand conceptions of a pure and consistent Divinity which Revelation teaches. If the eye is imperfect, nature is everywhere distorted. So the mind, through a corrupt channel, sees an imperfect creation. It is discontented with itself; it is discontented with its Maker. It does not understand his works, and ascribes misfortunes, disease and death to a ruthless Providence, when they are, in fact, the results of ignorance, or a willful disobedience of natural laws.

Oh, that the people could be educated so as to rise from the ashes of their decrepitude!

"They shall grow as the lily, and cast forth their roots as Lebanon. Their branches shall spread, and their beauty shall be as the olive-tree. . . . They shall revive as the corn, and grow as the vine. Who is wise, and he shall understand these things? prudent, and he shall know them?"—Hosea xiv: 5–9.

BLOODROOT. (*Sanguinaria Canadensis.*)



CALAMUS.

BEARBERRY. (*Uva Ursæ.*)

APPENDIX.

MATERIA MEDICA.*

It is not intended to give a history of all the remedies which have gained reputation in the cure of disease, or even all that have been prescribed in this work; but a sufficient number of indigenous medicinal herbs will be presented to enable the readers to always find something at hand to answer the purpose when those most relied on may not be easily obtained, or from frequent use, or any other cause, fail in producing their usual effect.

Agrimony, *Agrimonia*—Grows two or three feet high, in hedges and the margins of fields; blossoms in July, on long spikes, yellow. It is known by the vulgar name of *cuckold*, from the seeds sticking to the clothes in the fall of the year.

In whey or tea, it forms a good drink in fevers.

* Note.—A good and perfectly reliable Materia Medica, or description of the Botany of Medicine, is especially useful in every family, and, above all, in those families where there is ready access to the fields and woods. Every householder may thus, by consulting this Materia Medica, make use of the simple, healing, and harmless remedies Nature herself has manufactured in her great laboratory. In short, every man may become not only his own family doctor, but may have his own family drug-store. The great work of Dr. Rezin Thompson on this subject has long been acknowledged to be unrivaled and absolutely reliable by general consent of the best medical authorities,—and his is the Materia Medica hereto appended. It is scientific and exact, but so clear and simple in its language that any ordinary person can readily understand it.

The juice of this plant, or a strong infusion of the roots, two handfuls to a quart of boiling water, and sweetened with honey, is said to be an excellent medicine in the jaundice, scurvy, and chronic diarrhœa. It is good in cankerous sore mouth. Dose of the infusion, half a pint; of the juice, a wineglassful three times a day.

Alder, Black, *Alnus Nigra*—Sometimes called Virginia Winterberry, grows in most places, generally sending up several slender stalks to the height of ten feet, and bears a red berry.

The bark is tonic, and accordingly is used in substance, or in strong decoction, like the Peruvian bark, in intermittents and other cases of debility, as dropsy, gangrene, etc. The inner bark in the shape of poultice externally, with the decoction internally, a handful or two boiled slowly in three pints of water to a quart, is celebrated both by Professor Barton and Dr. Mease as of admirable use in arresting the progress of mortification. A strong decoction of the berries formed into a syrup with molasses, in doses of a wineglassful, or two teaspoonfuls of the powder of the inner bark, is said to be a good purge.

Dr. Thatcher recommends a decoction or infusion of the bark, taken internally in doses of a teacupful, and employed also as a wash, for the cure of cutaneous eruptions, particularly of the herpetic kind.

Alum Root, *Heuchera Americana*—Called also American Sanicle. The root is a very intense astringent. It is the basis of a powder which has lately acquired some reputation in the cure of cancer. Professor Barton observes that he does not believe that the alum root has cured genuine cancer; but that it has proved very beneficial in obstinate ulcers, which have been mistaken for cancers. He says it is one of the articles in the Materia Medica of our Indians, the powdered root of which they apply to wounds, ulcers, and cancers.

Angelica, *Angelica*—Grows in marshy woods and hedges, flowering in June and July. It is frequently cultivated in our gardens.

Every part of this useful vegetable partakes of its aromatic virtues, but especially the root, which, in the form of powder, tincture, or tea, is useful in flatulent colics. Conjoined with dogwood bark, or any other tonic, it may, like the Peruvian bark, be employed with advantage in intermittents and low stages of fever. The dose, one teaspoonful in substance of the former to two of the latter. It may also be employed in the form of strong decoction, in doses of a gill, or, in cold, phlegmatic habits, in tincture, either alone, or with dogwood berries, centaury, lemon peel, or any other article of the bitter and tonic class. A strong decoction of the root, combined with red oak bark, a large handful of each to a pint of boiling water, makes an admirable gargle for relaxed and spongy gums, and ulcerated sore throat.

Apple, Peru. See *Thorn Apple.*

Arbutus. See *Bearberry.*

Arrow Root, *Maranta Arundinacea*—Is cultivated in the Southern States. A tablespoonful makes a pint of the finest jelly in nature, which affords the most nutritious food in acute diseases for children. To persons laboring under bowel complaints, as diarrhœa and dysentery, it is of itself a remedy.

The jelly is made in the following manner: To a tablespoonful of the powdered root add as much cold water as will make it into a thin paste, and then pour on boiling water through the spout of a kettle, stirring it at the same time briskly till it becomes a clear jelly; after which, season it with sugar and nutmeg, and, to render it still more palatable, a little wine or lemon-juice may be added. But, for children, blending it with new milk is best.

Asarabacca Swamp, *Asarum*—Grows in low-lands. It has but two leaves, which rise immediately from the

root, and divide from one stem. The flowers are purple and bell-shaped, and proceed from between the leaves.

The whole of this plant has a nauseous, bitter taste. The root, from a half to a tablespoonful in powder, operates both upwards and downwards. In the form of infusion, a half handful to a quart of boiling water is said to be serviceable in the whooping-cough, in doses of a tablespoonful to children every half hour, or oftener, until it vomits; and in doses of a teacupful three times a day, it has been used with success to promote the menses, or *courses*.

Avens Common, *Geum Urbanum*—Grows a foot high by fences and borders of fields. The blossoms are white or yellowish in July. Its smell resembles that of cloves.

A strong tincture of the root, two handfuls, steeped in a quart of spirits, given to the quantity of a half wineglassful, or the powder, in doses of a teaspoonful several times a day, has afforded an excellent remedy in intermittents and other disorders where strengthening medicines are requisite.

There is another variety of this plant, called water avens, throat root, cure-all, which is to be found in boggy meadows. The blossoms are purplish, and appear in May. Its properties are the same as the preceding. A decoction of it has been found beneficial as a gargle in ulcerated sore throats, which probably gave rise to the name of *throat root* or *throat wort*.

Balm, *Melissa Officinalis*—Makes an excellent tea in fevers; and when sweetened, and acidulated with the juice of lemons or cream of tartar, forms a most grateful beverage.

Barberry, *Berberis Vulgaris*—Grows along the sides of roads in hedges; leaves oblong, tender, and subject to the rust; the flowers are in clusters; the fruit oblong and acid; the stem is defended by three thorns.

A double-handful of the berries, boiled in three

quarts of water to two, and given in doses of a teacupful four or five times a day, sweetened with white sugar, is extolled as a remedy in diarrhœa, dysentery, and jaundice.

Bayberry, *Myrica Cerifera Humilis* — Called also Dwarf Candlebury Myrtle; grows in swamps to the height of two or three feet, and bears numerous green berries, of which tallow is made.

The inner bark, in poultice, applied morning and evening to scrofulous swellings, and drinking a teacupful of a strong infusion of the leaves, is said to have wrought surprising cures in a few weeks.

Bearberry, *Arbulus Uva Ursi*—Bears whortleberry—wild cranberry. Is a low evergreen shrub, somewhat resembling the myrtle.

The leaves have a bitter astringent taste, and unquestionably possess medical virtues, especially in relieving the *irritation of the stone,* or gravel.

The dose: half a pint twice or thrice a day of a decoction made of the leaves, a handful to a pint, or a teaspoonful in substance two or three times a day.

Beech Drops. See *Broomrape Virginia.*

Benne, *Se Samum Orientale*—Is now cultivated in South Carolina and Georgia. The leaves, by infusion, afford an excellent mucilaginous drink, which is used with manifest advantage in dysentery, diarrhœa, and cholera infantum.

The seeds yield a pure and pleasant oil, which, in doses of from one to two wineglassfuls, acts well on the bowels.

Bitter-Sweet. See *Nightshade, Woody.*

Blackberry, or **Dewberry**—These, though different in name, are nearly, if not entirely, the same in nature. They both bear the same kind of berry, which, when ripe, is pleasant and wholesome.

The roots of these vines, but especially of the dewberry, are famous as astringents. It has been generally observed in practice, that two handfuls of the clear

root in three pints of milk or water boiled to a quart, and given in doses of a teacupful every two or three hours, have often cured obstinate diarrhœas.

Black Snake Root. See *Virginia Snake Root.*

Blazing Star. See *Devil's Bit.*

Blood Root. *Sanguinaria Canadensis*—Has a variety of names, as Red Root, Puccoon, Indian Paint, Turmeric. It grows about a foot high in rich woodlands, and flowers in April. The leaves are roundish and deeply indented, somewhat like the white oak leaves—stems naked, supporting single flowers; blossoms white. When the fresh root, which is about the size of the little finger, and blood red, is broken, a juice issues in large drops resembling blood.

The root in powder, from twenty to thirty grains, is strongly emetic. Professor Barton considers it nearly equal to the Seneca or rattlesnake root in cases of ulcerous sore throat, croup and hives, and other similar affections. Professor Dexter exhibits it in doses of one grain of the powdered root, or ten drops of the tincture, every two or three hours, as an excellent diaphoretic in colds, or pleurisies, rheumatism, and other inflammatory complaints.

A tincture may be prepared by steeping a handful of the root sliced in half a pint of spirits. It may also be exhibited in the form of decoction, a handful to a quart of boiling water, and a tablespoonful for a dose every two or three hours. The juice of the root is said to be good for destroying warts.

Bone-Set.. See *Thoroughwort.*

Broomrape Virginia, *Orobanche Virginiana*—Grows from Canada to Georgia, and rises six or eight inches high, of a brown color, brittle sprigs, but no leaves; the root is bulbous. It is generally found under the shade of the American beech tree; hence it is sometimes called beech drops, but more generally cancer root.

Every part of this plant is considerably astringent,

and along with the astringency, especially in the recent plant, there is combined a peculiar and extremely nauseous bitterness. It has been celebrated as a remedy in dysentery, but its principal reputation is in cancerous affections.

It is certain, says Professor Barton, that the powder of cancer root has been of great service, externally applied to obstinate ulcers, some of which had resisted all the ordinary applications. The fresh bruised root has also been applied with good effects to cancerous sores. In the form of decoction it has been found useful as a wash to gallings in warm weather, or excoriation of the skin. It is also esteemed a good application in cases of St. Anthony's Fire.

Burdock, *Arctium Lappa*—Grows on the roadside, on rubbish and ditch banks, bearing purplish blossoms in July and August.

The juice of the fresh leaves, or an infusion or decoction of the roots, operates gently on the bowels. This is supposed to be a good blood-purifier, and is much used for that purpose. The juice is given in doses of a wineglassful, and the decoction half a pint three times a day.

Calimus, or Sweet Flag, *Acorus Calimus*—Grows in marshy situations, and in shallow water, and may be known by the long sword-shaped leaves resembling those of the blue and yellow flags, but narrower and of a bright green. The root is like that of the blue flag in appearance, but has a strong aromatic smell, and a warm, pungent taste. The flavor is greatly improved by drying.

The root possesses stomach virtues, and is frequently grated into water, and given to children for flatulent colics, free of fever. It is sometimes used as an ingredient with dogwood, cherry bark, centaury, etc., in morning bitters, as a preventive of the ague in low marshy situations.

Camomile, *Chamœmelum*—Grows well in our gardens.

An infusion, or tea, made of the flowers, is excellent to warm and strengthen the stomach in cases of indigestion, loss of appetite, and other complaints arising from debility. It is also of great use in doses of a teacupful three times a day, as a preventive of the ague and fever, and bilious fever in sickly situations. In the form of fomentation and poultice it is serviceable in discussing hard tumors.

Camomile, wild. See *Mayweed.*

Cancer Root. See *Broomrape Virginia.*

Candle-Berry Myrtle. See *Bayberry.*

Caraway, *Carum Carui*—A choice aromatic; grows kindly in our gardens. The seeds assist digestion, strengthen the stomach, and are serviceable in flatulent colics. The dose of the seeds in powder, from one to two teaspoonfuls to adults.

Carrot, wild, *Daucus Carato.*—The wild carrot grows two or three feet high, and flowers in July. The seeds have an agreeable aromatic smell, and, in a slight degree, a warm, pungent taste.

An ounce or half a handful of the seeds infused in a pint of water, and taken in doses of a teacupful every hour or two, is said to give immediate relief in suppression of urine, and is also serviceable in promoting the menses.

The roots of the carrot cultivated in our gardens, beaten to a pulp, form an excellent application to cancerous and other ill-conditioned ulcers, allaying the pain, checking the suppuration and fœtid smell, and softening the callous edges.

Castor Oil, *Ricinus Communis*—Flourishes well among us. The kernels yield almost a fourth part of their weight in oil, which is obtained from them either by expression or decoction. Expression is the best method of preparing; but the common mode is to shell the seeds and boil them in water, and, as the oil rises, to skim it off.

Castor oil is a gentle and useful purgative. In doses

of a teaspoonful, it is the most suitable purge, when not rancid, to expel the meconium from new-born infants.

Centaury, *Centaurium minor*—Is a fine stomach bitter, and either in a simple infusion, or united with calimus or angelica root, is excellent in relaxation of the stomach and general debility.

Cherry Tree, Wild, *Prunus Cerasus Virginiana*—The bark of this tree is an excellent substitute for the Peruvian bark. In some places it is frequently employed in the cure of ague and fever, bilious fever and other diseases where tonic medicines were proper. In intermittents of long standing, it is more efficacious when united with the Virginia snakeroot, in the proportion of one part of the latter to four of the former. Wild Cherry may be employed, either in powder or decoction, in the same doses as the Peruvian bark. A strong infusion of it in sound cider is said to be useful in the jaundice. A decoction of the bark will be found a good wash to ill-conditioned ulcers. The cherry of the tree, when ripe in autumn, is much used in the Southern States for making bounce and cordial. The gum of the common cherry tree is a good substitute for the gum-arabic.

Cinquefoil, *Potentilla Reptans*—Grows on pasture grounds, and is something similar to the strawberry. The stalks trail along the ground, and have but five leaves on each stalk, placed together, of an equal size, and bear a yellow flower.

The whole of the plant, particularly the root, in the form of decoction, a handful to a quart of water or milk, boiled slowly, and sweetened with loaf-sugar, is recommended as a remedy for the dysentery and bowel complaints. The dose for adults is a teacupful three or four times a day, and one-third or half the quantity for children.

Columbo American, *Columba Americana*—Grows plentifully in the Western country, in the vicinity of the Ohio River; and, from abundant experiments, is found

fully equal to the imported. It has long been esteemed a powerful antiseptic and tonic; and, as such, has been employed with manifest advantage in gangrene, cholera morbus, bilious vomiting, bilious fever, indigestion, want of appetite, etc. It may be given in powder, in doses of a small teaspoonful every three or four hours, or in decoction, in doses of a teacupful. Two or three ounces of the root, steeped in a quart of spirits, form an excellent bitter, which, when taken in mint water, or infusion of orange-peel, in doses of a tablespoonful, is excellent for moderating the retching in pregnant women.

Comfrey, *Consolida*—Grows about two feet high, in moist situations near springs, but is cultivated in our gardens The leaves are large, similar to water-dock, flowers of a pale, blue color; the roots long, rather thicker than a man's finger, mucilaginous, and black externally, but white within.

A handful of the roots, boiled in milk, and given in doses of a teacupful three or four times a day, is a popular remedy in dysentery, bowel complaints, and the fluor albus, or whites. It is also beneficial as a diet drink in cases attended with a burning heat in making water.

Coriander, *Coriandrum*—Is cultivated in our gardens. The seeds are warm, and of a pleasant flavor, and, in doses of a tea to a tablespoonful, have been found useful in cases of indigestion and flatulence. When mixed with senna, they more effectually correct the odor and taste of the infusion than any other aromatic. They also form an excellent addition to ingredients for bitters.

Crane's Bill, *Geranium Maculatum* — Improperly called by some Crow Foot. It grows five or six inches high in meadows and woods; has long, slender stalks, with seven long, narrow leaves at a joint. The root is generally crooked and knotted, blackish on the outside, and reddish; has a rough taste, with an aromatic flavor.

BLACK SNAKEROOT.
(*Aristolochia Serpentaria.*)

SENECA SNAKEROOT.
(*Polygala Senega.*)

DEADLY NIGHTSHADE. (*Atropa Belladonna.*)

When applied externally, it is highly extolled for its styptic power in stopping hemorrhages of wounded vessels. The powdered root, in doses of a teaspoonful three or four times a day, or a decoction in milk, used as a common drink, is said to be excellent in checking immoderate menstrual discharges; also the whites, gleet and obstinate diarrhœa.

Crow Foot, *Ranunculus Bulbosus*—A very acrid plant, growing in meadows and fields. The leaves or roots bruised and applied to any part of the body will soon raise a blister, and ought to be used when the Spanish flies can not be obtained. The roots, collected in the fall, may be very well preserved through the winter by burying them in some fine dry sand.

Dandelion, *Leontodon Taraxacum*—A beautiful flower, grows in meadows, pastures, and on roadsides and ditch-banks, with yellow flowers, which blow from April to September, and possess the remarkable quality of expanding early in the morning and closing in the evening.

The root, leaves and stalk contain a large proportion of bitter, milky juice, which, in doses of a wine-glassful twice or thrice a day, is good in chronic inflammations of the liver, dropsies, difficulty of making water, and other complaints arising from obstructions of the viscera. It may also be taken in the form of a strong decoction, from a gill to a half pint, twice or thrice a day.

Deadly Nightshade. See *Nightshade, Deadly.*

Devil's Bit, *Veratrum Luteum.*—The root of this plant is a very pungent bitter, and is employed as a tonic, either in the form of tincture or infusion. In this last form it has been employed as a vermifuge.

Dewberry. See *Blackberry.*

Dill, *Anetheum Gravolens*—Flourishes in our gardens, producing seed delightfully aromatic, which, in doses of one or two teaspoonfuls, is excellent to remove flatulent colics and assist digestion.

Dock Water, or Water Dock, *Rumex Aquaticus*—Grows in wet ditches, mill-ponds, on sides of rivers, and in shallow water, flowering in July and August.

Half a pint of a decoction of the leaves or roots, two handfuls to a quart of boiling water, or two or three teaspoonfuls of the dried roots in powder, taken two or three times a day, is an admirable medicine to sweeten and purify the blood in scurvy, scald-head, tetter-worm, and other cutaneous diseases. The fresh roots, bruised and mixed with vinegar, or in strong decoction, are a good cure of the ring-worm, and have often subdued that filthy complaint, the itch, when quack medicines, and even sulphur, had failed. They are also worth trying, in the form of a poultice, to tumors and cancerous ulcers.

The *curled dock, narrow and broad-leaved dock,* which grow in yards and cultivated fields, are all varieties of this useful plant, and possess similar virtues. It is said the narrow-leaved dock, applied in the form of fomentation and poultice, to a cancerous sore, and from a pint to a quart of the decoction taken daily, has made cures.

Dogwood, *Cornus Florida.*—The bark of this famous tree, which may well be termed the cinchona or Peruvian bark of North America, possesses, like that, all those tonic powers which give it such admirable control over intermittents, gangrene, and all diseases proceeding from debility.

Like the Peruvian bark, but in somewhat larger doses, it may be used in substance or decoction, infusion or tincture, either alone or conjoined with snake-root, or some of the aromatics. But the shape in which it will be found most agreeable is that of an extract, which is easily prepared by boiling the bark, straining it, and then evaporating it very slowly to the consistence of honey. To prevent the fatal effects of burning it, the vessel in which it is evaporated should be of the wide mouth sort, placed in a large pot of

boiling water, and often stirred towards the close of the operation.

The dose is from half to a whole teaspoonful three or four times a day. The beautiful red berries of dogwood, combined with lemon peel, snake root, calimus, or any other warm aromatic seeds, form a fine bitter against the common fall complaints.

Elder, Common, or Black, *Sambucus Niger*—Grows to the height of a small tree, in hedges, and along the border of meadows; the young shoots are full of pith, and the old stalks empty; flowers in July, and the berry is of a blackish, purple color when ripe.

The expressed juice of elderberries put into a plate, or wide mouth vessel, and evaporated in the sun to the state of an extract, in doses from a tea to a tablespoonful, acts as a good aperient medicine. A tea made of the leaves, a large handful to a quart of boiling water, and taken freely, removes a costive habit, promotes perspiration, and thus proves useful in eruptions of the skin, St. Anthony's fire, colds, dropsies, and all obstructions of the viscera. The inner green bark, steeped in wine, a large handful to a pint, or made into a strong decoction, purges gently, in doses of a gill. The flowers, stewed with lard, form a good ointment for burns.

Elecampane, *Inula Helineum*—Grows three or four feet high, in stony pastures, and by the roadside; flowers large and yellow, in July and August; and the root, when dry has an agreeable aromatic smell, and in a decoction sweetened with honey, or in the form of syrup, or a teaspoonful of the powdered root in molasses, is recommended for promoting expectoration in asthma and coughs. The fresh root, in ointment or strong decoction, is said to cure the itch.

Elm, American, or Slippery, *Ulmus Americana*—Steeped in water, it forms a cooling demulcent drink, very useful in febrile diseases; and externally, as a poultice, in gun-shot wounds, tumors, and all ulcers and

sores accompanied with irritation. A teaspoonful of the inner bark in powder, to a quart of boiling water, or a simple infusion of the bark in boiling water, forms an astonishingly rich jelly, which has often been tried with the happiest effects in diarrhœa and dysentery. With the addition of a little sugar, lemon-juice, citron, or nutmeg, it might be made an excellent substitute for sago or arrow-root. For its further uses, see Preparations of Slippery Elm, Thompson's Medical Adviser.

Emetic Weed, or Indian Tobacco, *Lobelia Inflata*—Grows in dry fields, and rises to the height of one or two feet, with branched stems, flowering in July and August, with blown cups, filled with numerous small seeds. The blossoms are solitary, in a kind of spike, of a pale blue color. The leaves are oblong, and have a very acrid and pungent taste, similar to that of tobacco.

The leaves collected in August, while the plant is in blossom, and carefully dried and preserved, act as a speedy and excellent emetic, in doses of from ten to twenty grains; or it may be exhibited in the form of a saturated tincture, in doses from a tea to a table-spoonful.

As it is a medicine of considerable activity, it should be given in small quantities, and the dose repeated every ten or fifteen minutes, until it excites vomiting. From its speedy operation as an emetic, it is useful in croup and whooping-cough. In small doses it is of great utility in consumptive and other coughs, by exciting expectoration. It is particularly valuable in asthma.

Ergot, or Spurred Rye, *Secale Cornutum*—Rye is subject to a disease, in low wet situations, or when a hot summer succeeds a rainy spring. The spurious substance called *ergot* is found projecting from among the leaves of the spike or ear; it is a long crooked excrescence, resembling the spur of a cock, pointed at the extremity, of a dark brown color externally, and

white within. Some spikes are wholly occupied by spurs, while others have two or three only, interspersed with genuine seeds of rye.

This extraordinary substance possesses considerable medicinal properties. In lingering and laborious cases in child-bed, it acts as an invaluable medicine, speedily inducing forcible pains, and expediting delivery. It is given in the form of powder, in doses of from five to thirty grains; but it has sometimes been found more active in the form of decoction, prepared by gently boiling a drachm of the powder in half a pint of water, of which one-third may be taken every twenty minutes, until proper pains shall have commenced.

It is proper, however, to caution the domestic practitioner against employing this powerful medicine. The powerful and continued efforts of the uterus, from the effects of the ergot, prevent the retreat of the child's head after being advanced, and the unceasing pressure often occasions the death of the child. This medicine has also been successfully employed in cases of obstructed menses.

Featherfew, *Matricaria Vulgaris*—It is frequently cultivated in gardens. A handful of the leaves and tops infused in a quart of water, and given in doses of a teacupful three or four times a day, is used by country people to promote the menses, to strengthen the stomach, to raise the spirits, and promote perspiration in colds and fevers.

Fennel, Sweet, *Fœniculum Dulce*—Grows kindly in our gardens. A teaspoonful of the seeds, with a little sugar and spirits, is a common remedy among the country people in flatulent colic. To children afflicted with the above complaint, an infusion of the seeds, sweetened, is highly serviceable. The seeds yield an aromatic oil, which, in doses of from two to twelve drops, removes flatulence, promotes expectoration, and is serviceable in coughs.

Fern, Female, or Back-ache Brake—Grows near ponds, and in moist pastures, about twelve inches high. The leaves are single, winged, about a hand's length; the root is about the size of a goose-quill, of a brown color, very sweet, and of a mucilaginous taste.

A quart of a strong decoction of the roots, and a pint of honey, formed into a syrup by gentle simmering, and given in doses of a tablespoonful every hour or two, is esteemed highly beneficial in all violent coughs. It is said that three parts of the roots of this plant, and one part of sumach root, boiled slowly in any kind of spirits, until it becomes slimy, and then applied warm to the spine, has frequently relieved the back-ache; hence the vulgar name back-ache brake. It has also been employed as a remedy for the rickets in children.

Fern, Male, *Polypodium*—Called also sweet fern, male polypody. It grows in woods and stony places, flowering from June to October.

The root, when chewed, is somewhat mucilaginous and sweet, and afterwards astringent and bitter.

Sweet fern in powder, in doses of from one to two teaspoonfuls, or a decoction, a pint a day, followed on the fifth day by a dose of castor oil, or some purgative medicine, is esteemed a powerful medicine against worms, and particularly the tape-worm.

Flag, Blue, or Water Flag, *Iris Pseudacorus*—Grows by the brink of rivers, in swamps and meadows, blossoming in July; flowers blue, variegated with white, yellow, and purple.

The juice, in doses of a teaspoonful, diluted with water, is said to be an active cathartic medicine, and to produce copious evacuations from the bowels, and to be useful in dropsy. It produces similar effects in powder, from thirty to sixty grains, and has been employed as a vermifuge. In the form of decoction, used as a diet drink, it is greatly extolled in venereal cases.

Flag, Sweet. See *Calimus.*

Flax-Seed, *Linum*—Possesses great medicinal virtues. An infusion or tea is the most suitable drink for patients laboring under violent colds, coughs, difficulty or burning in making water. The flax-seed syrup, which is prepared by adding a pint of honey to a quart of strong tea, and simmering it away slowly by a gentle fire for an hour, observing to take off the scum as it rises, is a most valuable medicine in diseases of the breast and lungs, in doses from a tea to a tablespoonful every hour or two, or oftener, when the cough is troublesome. The flax-seed bruised also forms one of the best emollient poultices with which we are acquainted.

Foxglove, *Digitalis Purpurea*—Has lately been cultivated in our gardens. It rises to the height of two or more feet, and its leaves are large, egg-shaped, notched like a saw, and covered with hairs. Blossoms of a beautiful purple color, hanging downwards in a row along one side, which are compared to the fingers of a glove, and in the inside are elegantly mottled with spots like little eyes.

The foxglove has been employed with advantage in those disorders where the frequency of the pulse requires to be abated. In pleurisy and pneumonia, and the incipient stage of consumption, it has, by diminishing the circulation through the lungs, frequently succeeded in arresting the progress of the disease.

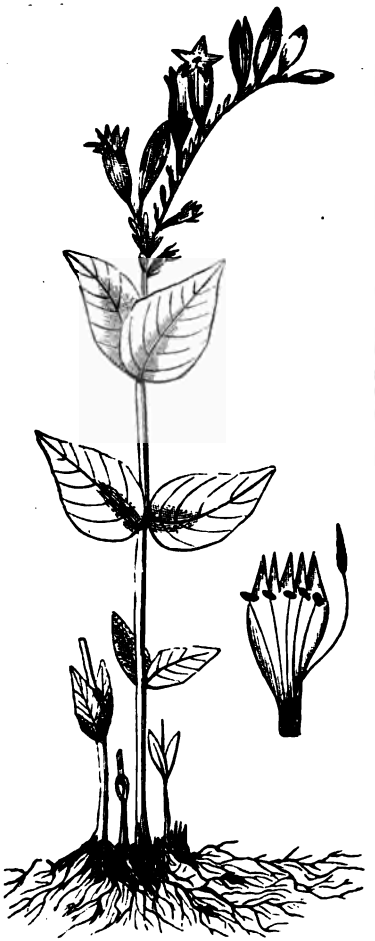
Foxglove possesses also diuretic power, and has long been employed in dropsy. It unquestionably acts powerfully as a diuretic, or in evacuating the water in dropsy. It should not be given in such doses as to excite much sickness or purge; otherwise it will not produce its diuretic effect. The best rule for its administration is to commence with the smaller doses, twice or thrice a day, and gradually increase the quantity daily, until the medicine either act on the kidneys, the stomach, or the bowels; and on the first appearance of any of these effects it is to be suspended.

After evacuating the water, tonic or strengthening

medicines should be employed. The leaves of this plant are the part in use, of which from one to three grains in powder may be given to an adult twice or thrice a day, alone or united with some aromatic, or the powder may be formed into pills with soap, or the crumbs of bread, or it may be given in the form of infusion, by infusing a drachm of the dried leaves in half a pint of boiling water for four hours, adding to the strained liquor one ounce of any good spirits; from one to two tablespoonfuls to be given twice or thrice a day, as a medium dose for an adult. From twenty to sixty drops of the tincture may be taken in a little mint-water or tea two or three times a day. The medicine has also been externally applied with good effects. An infusion of it is recommended as a good wash for painful cutaneous eruptions or ulcerations. An ointment, prepared by simmering the leaves in lard or fresh butter, has been found successful in scrofulous ulcers and scald-head.

Garlic, Common, *Allium Sativum*—Is highly stimulating, and therefore useful to persons of cold, phlegmatic constitutions. It provokes the appetite, assists digestion, removes flatulence, promotes expectoration and urine, and hence has long been used in scurvy, asthma and dropsy.

Where it can not be taken in substance, the best form is either in syrup or pills. Externally applied, it blisters the skin. A poultice or cataplasm of equal parts of bruised garlic and crumbs of bread, mixed with sharp vinegar, applied to the soles of the feet, in the low stage of acute disorders, or nervous fever, is good to raise the pulse and relieve the head. Sydenham says it exceeds all other applications for occasioning a revulsion from the head, and that the efficacy of garlic, thus applied every night until slight inflammation be produced, is superior to Spanish flies. It is an excellent remedy in cases of croup or violent sore throat. (See *Onions.*)



PINKROOT. (*Spigelia Marilandica.*)

PURPLE FOX-GLOVE. (*Digitalis purpurea.*)

BLACK HENBANE. (*Hyoscyamus niger.*)

It will also be found a good application to the pubes in producing a discharge of urine, when its retention has arisen from want of due action of the bladder. When made into an ointment, it is said to disperse cold and indolent tumors, and has been esteemed for its efficacy in cutaneous eruptions. In deafness, a small clove of the root, wrapped in gauze, cotton, or wool, moistened with the juice, and introduced into the ear, has frequently proved an efficacious remedy, if repeated twice or thrice a day.

Gentian, *Gentiana*—Grows on the sides of roads and in waste pastures, two or three feet high. The stem is strong, smooth and erect; the leaves, which rise from the lower part of the stem, are spear-shaped, large, ribbed, and rough; flowers yellow, in whorls, terminating in yellow, bitter berries.

Its virtues are equal to the imported. It has long occupied the first place in all recipes for bitters, whether used to provoke the appetite, or give tone to the system. It may also be taken in the form of infusion, a small handful of the root to a quart of boiling water, in doses of a teacupful three or four times a day.

In the form of a decoction, it is used with decided advantage in pneumonia, where the fever is nervous; it acts as a tonic and sudorific; a tincture of it is esteemed in dyspepsia, given in doses of one-fourth or half an ounce. It is said to increase the appetite, prevent the acidification of the food, and to enable the stomach to bear and digest articles of diet which before produced oppression and dejection of spirits.

Ground Holly, *Pyrola Umbellata.*—It is sometimes called Pipsissewa, which is its Indian appellation. It possesses in an eminent degree the same properties as Bear's Whortleberry, which see.

Hemlock, *Conium Maculatum*—Grows to the height of six or seven feet, in rich land, near ditches, and in moist, shady places. It is an umbelliferous plant,

with large leaves, of a dark green color on the upper side, and a whitish green underneath, much resembling parsley, especially the leaves of the smaller sorts, whose poisonous quality is the most violent. The stalk is round, smooth, hollow, and marked with brown or red spots; the flowers are white; the seeds greenish, flat on one side, very convex, and marked with five furrows on the other. The root is long, yellowish without, white and fungus within, and somewhat resembling a carrot. It changes its form according to the season; and the leaves have a rank smell, resembling the urine of a cat, but do not much affect the taste.

This poisonous plant possesses great medicinal virtue when judiciously employed. It has been used with considerable advantage in painful cancerous ulcers, venereal ulcerations, cutaneous affections, gleets, painful discharges from the vagina, and in a variety of cases of scrofulous affections. It has also been of great efficacy in epilepsy, chronic rheumatism and jaundice. Externally applied, hemlock has been useful in discussing scirrhous tumors, particularly those of a scrofulous nature.

The proper method of administering hemlock inwardly is to begin with a grain or two of the powder of the leaves, or the inspissated juice, and gradually to increase the dose until the head is affected with slight giddiness, or it occasions some sickness, and trembling agitations of the body, or produces one or two evacuations the morning after the dose. One or more of these symptoms are the evidences of a full dose, and these continue until none of these effects are observed; and then, after a few days, increase the dose, for little advantage can be expected but by a continuance of full doses.

The dried leaves are less liable to injury from keeping than the inspissated juice. The leaves should be collected in June, when the plant is in flower, and its

peculiar smell strong. The drying of the leaves should be performed quickly before a fire, on tin plates. The proof of the drying having been well performed is the powder's retaining the odor of the leaves, and the deepness and freshness of the color. It should be kept in close vials, and secluded from the light.

Henbane, Black, *Hyoscyamus Niger*—Grows at the sides of fences, about old ruins, and on dung-hills, and with the dung is sometimes carried into gardens, where, from its similitude to parsnips, it is mistaken for them; and, when eaten, produces stupor and apoplectic symptoms, terminating in death. It rises from one to two feet in height; the stalks are thick, woody, irregularly branched, and covered with a hairy down; the leaves surrounding the stalk at their base stand irregularly; they are large, soft, and downy, pointed at the ends, and very deeply indented at the edges; their color is a grayish green, and they have a disagreeable smell; the flowers are large, egg-shaped, and of a dirty yellowish color, with purple streaks. The root is long, tough, white, and, when recently cut through, smells like liquorice.

According to Dr. Stork, the juice of this poisonous plant inspissated, and exhibited in doses of from one grain to twenty every twenty-four hours, has relieved many from palpitation of the heart, a tendency to melancholy, coughs, and other spasmodic disorders and convulsions, and this after other means had failed. When combined with the oil of sassafras, it has proven to be a very fine and mild anodyne and antispasmodic.

Hops, *Humuli*—Are an agreeable, strong bitter, principally used in making malt liquors. They also induce sleep; hence the popular remedy of a pillow of hops to procure sleep in the delirium of fever and insanity, which not unfrequently succeeds. They give out their virtues to spirits or water.

In the form of fomentation and poultice, hops serve

as a most valuable application to ill-conditioned ulcers or painful cancerous sores.

A large handful of hops is to be well boiled with a quart of water, to which should be added meal or bran, forming a poultice, applied to the ulcer without any intervening lint. But, previously to this application of the poultice, the ulcers are directed to be well fomented with the decoction. The pain proceeding from the ulcer is soon alleviated, and the ulcers soon cease to spread. They become clean, and in a state to be dressed with lint, or any soft ointment. Hops form the basis of beer and yeast.

Horehound, *Marrubeum Vulgare*—Grows among rubbish, flowering from July to September. The leaves have a very bitter taste.

An infusion or tea of the leaves sweetened is a very common remedy for colds. A syrup prepared by simmering slowly for an hour a pint of honey in a quart of a strong decoction of plant, is, from my own experience, an excellent medicine in coughs, or any breast complaint, in doses of a small tablespoonful every two or three hours, or oftener, when the cough is very troublesome. In like manner, a candy prepared by simmering slowly half a pint of the juice with a pound of sugar will be found equally serviceable.

In the Southern States there is a plant, called wild horehound, growing to the height of one or two feet, of which a tea, prepared by adding one or two handfuls of the fresh leaves, or half the quantity of the dried, to a quart of water, in doses of a gill or more, every two or three hours, acts gently on the skin and bowels, and is used, like the Peruvian bark, as a tonic in the cure of ague and bilious fever.

Horse-Radish, *Cochlearia Armoracea*—Grows on the sides of ditches and damp places, but is cultivated in our gardens for culinary and medicinal purposes. It has long been known as a most powerful antiscorbutic, and, when taken freely, it stimulates the nervous sys-

tem, promotes urine and perspiration, and is, therefore, usefully employed in palsy, dropsy, scurvy and chronic rheumatism. The root should be cut into small pieces, without bruising, and swallowed in the dose of a table-spoonful, without chewing, once or twice a day, or it may be steeped in wine, and taken in doses of a small wineglassful.

Houseleek, *Sempervivum*—Grows on the roofs of houses and old walls, flowering in July.

The juice of this plant, mixed with honey, is said to be of considerable service in the thrush of children. Stewed with cream it is a great favorite with the country people for the cure of corns, fresh burns, stings of wasps, bees, and other external inflammations. An infusion of the leaves is also said to be cooling and laxative.

Hyssop, *Isup Hyssopus*—Is cultivated in our gardens. An infusion of the leaves, sweetened with honey, or in the form of syrup, is useful in humoral asthma, coughs, and other disorders of the breast and lungs, accompanied with inflammatory symptoms.

Indian Physic, or American Ipecacuanha, *Spiræ Trifoleata*—Grows about two or three feet high, in low woods and meadows.

Professor Barton says the root, which is the part made use of, is a safe and efficacious emetic.

In the dose of thirty to forty grains in powder, for an adult, it is one of the most safe and certain emetics. In broken doses of five or six grains, every two hours, it is equally valuable as a sudorific. It may also be given in infusion, a handful to a pint of boiling water, of which a small teacupful may be taken every fifteen or twenty minutes, until it promotes vomiting.

Indian Tobacco. See *Emetic Weed.*

Indian Turnip, *Arum Maculatum*—Wake robin. The leaves are generally bespangled with black and white spots, striped in gaudy style. The root is bulbous, resembling a small turnip.

Both this and the leaves, in a fresh state, are extremely acrid, and have been used with advantage externally for blistering, and internally in cachexies, rheumatism, and all other complaints of cold phlegmatic habits. Of the fresh root, from ten to thirty grains may be taken thrice a day, in the form of emulsion, with gum-arabic, or cherry-tree gum. The root, which should be used fresh, may be kept so for a year by burying it in a cellar in sand.

Jamestown, or Jimson Weed. See *Thorn Apple.*

Jerusalem Oak, or Worm Seed, *Chenopodium Anthelminticum*—Has long been employed to expel worms. One or two teaspoonfuls of the seed, with molasses or honey, are generally given to a child two or three years old in the morning, on an empty stomach, and the dose is sometimes repeated at bed-time. It ought to be continued for several days. When there is an aversion to using it in this form, the seed may be boiled in milk, and taken in doses of one or two wineglassfuls, or the expressed juice of the plant, sweetened, may be exhibited in doses of a tablespoonful. The oil, which is prepared from the seed; possesses the same virtue, and is found a more convenient form of giving the medicine.

Juniper, Common, *Juniperus Communis*—An evergreen shrub, growing on dry barren commons and hilly ground.

A strong decoction, made of a handful of the tops and berries to a quart of boiling water, in doses of a teacupful three or four times a day, has long been employed in dropsy, scurvy, and gravel, or difficulty of urine. The oil of juniper possesses the same properties in a high degree, and imparts them to ardent spirits. The peculiar flavor and well-known diuretic effect of Holland gin are owing to this oil.

Hoffman found it of great use in debility of the stomach and intestines, particularly in old people. The stronger preparations have been found useful in

uterine obstructions, and in paralytic affections of the bladder.

Lemon Tree, *Citrus Medica*—Is now cultivated in the Southern States, and holds the first place among the cooling and antiseptic vegetables to correct the putrid tendency of animal food in summer.

The acid of lemon, from its antiseptic properties, has long been employed as a remedy in the scurvy. Lemon or lime-juice, diluted with water, and the addition of a little sugar, forming lemonade, serves as one of the most grateful beverages in bilious and nervous fevers. The dried peel of lemons is a grateful aromatic, and as a stomachic generally constitutes one of the ingredients of bitters.

Lettuce, *Lactuca Sativa*—The dried juice of the common garden lettuce is found to be but little inferior in sedative power to opium. In those constitutions in which opium can not be employed without producing very disagreeable consequences, we may safely employ the lactucarium or lettuce opium, or tincture. Many eminent physicians bear testimony to the good effects of this medicine in procuring sleep, in alleviating pain, and in allaying inordinate action, particularly a troublesome cough. And in no instance has it been found to produce nausea, costiveness, or irritation of the skin, which generally follows the use of opium or laudanum.

The best method of obtaining the inspissated juice of lettuce in abundance is as follows: Let the ice-lettuce, which is considered best for this purpose, be planted in rows; and when the top of the stem is about a foot above the ground, cut off about an inch from the top of each plant. The milky juice rises immediately above the wounded surface. But it is better to cut off the tops of all the plants before you begin to collect. After having done this, begin to collect the milky juice by means of a wet sponge, where the incision was first made; and, as you go along, cut off a thin

cross slice from the stem of each plant, leaving fresh wounds. After going round the plants five or six times in the way mentioned, they will cease to yield any more milky juice at that time. But this process may be repeated two or three times in a day. The milky juice collected in this way is to be expressed into a teacup, or any similar vessel. It soon acquires a dark brown color, like opium obtained from the poppy; has all its other sensible qualities; and hence it may justly be distinguished by the title of lettuce opium.

It may be administered in the form of pills, in doses from one to two grains. The tincture is prepared by adding one ounce of the extract to a pint of spirits, which may be given in doses of a teaspoonful.

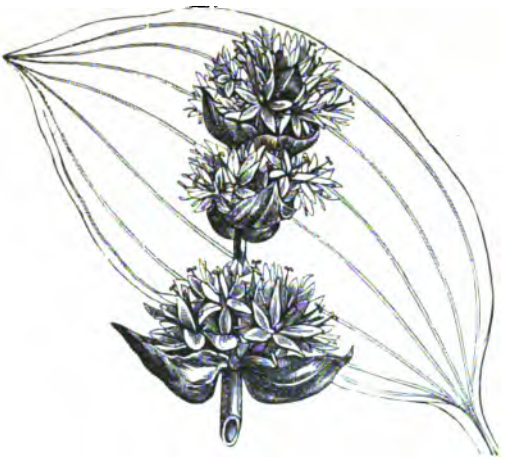
Lichen, or Lungwort, *Lichen*—Is a thin shell or skin which grows on the bark of the white oak tree, resembling the lungs, from whence it is called lungwort.

It is said to possess the same qualities as the Iceland moss, or lichen, so celebrated in the cure of consumption.

An infusion, a handful to a quart of boiling water, used as a common drink, or a strong decoction formed into syrup, with honey or sugar, may be taken in doses of a wineglassful three or four times a day. It is also said to be a useful medicine in the whooping-cough.

Madder, Wild, *Rubia Tinctorum*—Is cultivated in Pennsylvania and South Carolina for dyeing a fine red color, but also possesses great medical powers.

It has been highly recommended in visceral obstructions, particularly of the uterus, in coagulations of the blood induced either by falls or bruises, in dropsical complaints, and especially in the rickets. It may be given in powder from five to fifteen grains to children, and from a half to a whole drachm three or four times a day to adults. When taken internally, it possesses the remarkable quality of tinging the urine of a red color, and produces similar effects on the bones of animals, when eaten with their food.



GENTIAN. (*Gentiana lutea.*)

HEMLOCK. (*Conium Maculatum.*)

Magnolia—Goes by several names, as beaver-tree, swamp sassafras, elk bark, Indian bark. It is an agreeable aromatic tonic bitter medicine.

An infusion or decoction of the bark has been used in the ague and fever, and is much celebrated among the western Indians as a remedy in rheumatism. It is reported from a respectable source, that John Dickinson, Esq., author of the celebrated Pennsylvania Farmer's Letters, was completely cured of a violent attack of the chronic rheumatism by a strong decoction of the twigs of the magnolia.

The species *Magnolia Grandiflora*, evergreen laurel, sometimes called tulip tree, grows to the height of eighty feet, near Savannah. The bark of the root of this tree is also used as a substitute for Peruvian bark in intermittent fevers. The cones or seed-vessels of the magnolia, which is commonly called *cucumber tree*, have been advantageously used in Virginia, in the form of tincture, in rheumatic complaints.

Maiden Hair, *Asplenium Trichomanes*—Called also milk-waste, spleenwort—Grows on old walls, rocks, and shady stony places, generally to the height of seven or eight inches; leaves very fine and soft, and spotted underneath; stalks of a dark purple color; flowers from May to October. Its leaves have a mucilaginous sweetish taste, without any peculiar odor.

An infusion, by pouring a quart of boiling water on a handful of the dry herb, sweetened with honey, and taken in the quantity of a teacupful every hour or two, or a spoonful in the form of syrup, is said to be good in tickling coughs, hoarseness, and disorders of the breast, proceeding from acrid humors in irregularities of the menses, and obstructions of the viscera.

Male Fern. See *Fern, Male.*

Mallow, Common, *Malva Sylvestris*—Grows in hedges, footpaths, and among rubbish; flowering from June to August. The leaves possess a mucilaginous sourish taste.

A decoction of this plant is said to be useful in dysenteries and gravel complaints, though it is chiefly employed as an emollient poultice to produce suppuration.

Mandrake, or May-Apple, *Podophyllum Peltatum*—Grows on low grounds, two or three feet high, leaves generally three, broad at the base, and terminating in a sharp point; flowers yellow; the fruit resembling a lime, or a small yellow apple, and is much admired by some.

The root is an excellent purgative, and may be taken in doses from ten to thirty grains in substance, or double the quantity infused in a gill of water.

The best time of gathering the mandrake, for medicinal purposes, is in autumn, when the leaves have turned yellow and are about falling off. The Indians dry it in the shade, and powder it for use.

Marsh Mallow, *Althœa Officinalis*—Grows in marshes and wet places. The leaves have a soft, woolly surface, feeling like velvet. The flowers are of a white pale flesh color, and appear in August.

Every part of the marsh mallow, and especially the root, when boiled, yields a copious mucilage, on account of which it is employed in emollient cataplasms or poultices, for softening and maturing hard tumors. It is likewise of eminent service in the form of infusion in asthma, hoarseness, dysentery, and gravel.

May-Apple. See *Mandrake.*

May-Weed, or Wild Camomile, *Dog Fennel*—Grows about two feet high, in pastures near fences; the flowers are yellow, resembling camomile flowers, and are frequently used as a substitute for them.

Mazereon, *Daphne Mezereum*—Called also spurge laurel, dwarf bay. Grows plentifully in woods and shady places near the Ohio, and flowers in the month of February or March. The fruit is a berry, in which is found a single seed. The leaves are spear-shaped,

and the flowers grow of a beautiful red or rose color. The bark of the root of this plant is the part used in medicine, and has an extremely acrid burning taste in the mouth and fauces.

Dr. Withering asserts, that a patient who lived under extreme difficulty of swallowing for three years, was effectually cured in two months, by chewing the root as often as she could support its irritating effects. The fresh root, scraped and applied to the surface of the skin, affords an efficacious blister; when taken internally, it determines to the surface, and has been found greatly serviceable in rheumatism and obstinate cutaneous diseases. Its principal use, however, is in the venereal disease, in the last stage, or when mercury has failed. It is particularly efficacious in relieving nocturnal pains, and removing venereal nodes. One gill to a half pint of the decoction, made of two drachms, or a handful of the bark, with an equal quantity of liquorice root, boiled in three pints of water to a quart, may be taken three or four times a day.

Motherwort, *Leonurus Cardiaca*—Grows in waste places, and flowers in July and August. The flowers are in thorny whorls, purplish within, and white on the outside; the leaves are opposite, two to each whorl; they have a strong disagreeable odor, and bitter taste.

An infusion of this plant is a common domestic medicine in fainting and disorders of the stomach. It is said to be peculiarly adapted to some constitutions affected with nervous and hysterical agitations; and that, if taken at bed-time, it procures refreshing sleep, when opium and laudanum have failed.

Mugwort, or Common Wormwood, *Artemisia Absinthium*—Grows two or three feet high, on roadsides and among rubbish; leaves deeply divided, pointed; on the upper side of a deep green, and on the under soft and downy; flowers small and purplish.

An infusion, a handful of the tops to a quart of boiling water, in doses of a teacupful, or a teaspoonful of the powdered leaves, three or four times a day, is an admirable stomachic in weakness of the stomach, lowness of spirits, and hysterical affections. It is also said to be a useful medicine in difficult menstruation, in intermittents, jaundice, and dropsical affections. Externally, it is applied in the form of fomentation and poultice, to resist putrefaction and relieve the pains of bruises, as well as prevent the swelling and discoloration of the part.

Mulberry Tree, *Morus Nigra et Alba.*—Its fruit has the common quality of all other sweet fruits, quenching thirst, abating heat, and proving laxative in its effects.

A syrup made of the juice of the fruit serves as an excellent gargle for mitigating inflammations of the throat and ulcers of the mouth.

The bark of the root of the black mulberry tree, in doses of thirty grains, or half a teaspoonful of the powder, or double the quantity infused in a gill or half a pint of boiling water, or equal parts of a strong decoction and molasses, formed into a syrup, in doses of a wineglassful, is an excellent purgative, and has been used with success as a vermifuge, particularly for the tapeworm.

Mullen, *Verbascum*—The leaves, a handful to a quart of milk, are a common remedy in bowel complaints.

In the form of fomentation or poultice, it is employed to relieve the piles and other painful swellings; and in a dry and pulverized state, to destroy fungous or proud flesh.

Mustard, Black and White, *Sinapis Nigra et Alba.*—Mustard used with our food provokes the appetite, assists digestion, and promotes the fluid secretions, and is especially adapted to persons of weak stomachs, or where much acid prevails, as it acts upon the system generally without producing much heat.

A tablespoonful of prepared mustard in a pint of warm water, on an empty stomach, operates as an emetic. A tablespoonful of the unbruised seed, taken twice or thrice a day, proves a gentle laxative, increases the urinary discharges, and is useful in chronic rheumatism, asthma, palsy, and dropsy.

In languid constitutions, or low stages of fevers, a gill of the seeds mixed with a small handful of horseradish, and infused in a quart of wine, in doses of a wineglassful, occasionally, is a most cordial stimulant.

Another excellent form in which mustard may be taken is that of whey. It is prepared by boiling two or three tablespoonfuls of the seeds bruised, in half a pint of milk, and as much water, till the curd be perfectly separated, to which a little sugar may be added; and of this drink, a teacupful may be taken three or four times a day, in nervous fevers.

The powder of the seeds, mixed with crumbs of bread or flour, and formed into a poultice with sharp vinegar, is an excellent application to the parts affected with rheumatism, and to the soles of the feet and palms of the hands in fevers, where there is a languid circulation, or cold extremities, or in cases of delirium.

Nightshade, American. See *Pokeweed.*

Nightshade, Deadly, *Atropa Belladonna*—Grows two or three feet high, in hedges among rubbish, and in uncultivated places; flowers dusky brown on the outside, and a dull purple within, appearing single among the leaves in June or July; the berries round, green, changing to red, and, when ripe, of shining black. The whole of this plant is poisonous, and children, allured by its beautiful berries, have too often experienced their fatal effects.

Like all other strong poisons, in the hands of skill it performs wonderful cures in palsy, epilepsy, melancholy, jaundice, dropsy, and cancer. In the employment of this dangerous medicine, it is necessary to

begin with very small doses. Half a grain of the powdered leaves or root, or two teaspoonfuls of the infusion, prepared by infusing twenty grains in half a pint of boiling water, and strained after cooling, is a sufficient dose for adults to commence with. The dose is to be gradually increased, and repeated daily; but as soon as any dangerous symptoms occur, its use ought to be suspended for some days, and afterwards resumed in smaller doses. Externally, the powdered leaves are applied to mitigate the pain in cancerous and other ill-conditioned ulcers, and the leaves, in the form of poultice, to discuss scirrhous and cancerous tumors.

The garden nightshade, growing also on dung-hills, with white flowers, odor of musk, and the berries, when ripe, of a shining black, possesses virtues similar to those of the deadly nightshade.

From one to three grains of dried leaves infused in boiling water, and taken at bed-time, will generally induce a copious perspiration, increase the discharge of urine, and operate as a mild laxative on the following day. If, after increasing the dose, some visible effect be not produced, its further use will not avail much. The dose is to be repeated every night, or every other night. In the form of poultice, it has abated the inflammation of the eyes, painful swellings, and inflammation of the venereal kind, and scrofulous and cancerous tumors.

The woody nightshade, called also *bitter-sweet*, because it is first sweet and then bitter, grows on the sides of ditches and in moist hedges, climbing upon the bushes with winding, woody, but brittle stalks. The flowers are in clusters, of a blue purple color, appear in June or July, and always turning against the sun. The berries are red.

This species is not so deleterious as the above two, and it acts more uniformly. Its sensible operation as a medicine is also by sweat, urine and stool, and, in the

form of infusion, is said to be eminently serviceable in acute rheumatism. It has also been found efficacious in jaundice, scurvy, obstructions of the menses, and in obstinate cutaneous disorders. An infusion is prepared by adding a pint of boiling water to an ounce or half a handful of the twigs or stalks, either in a fresh or dried state, of which a teacupful or more may be taken morning and evening. Another form is made by steeping four ounces of the twigs in a pint of wine, the dose a wineglassful. In the form of poultice or cataplasm, it is also said to be a powerful discutient of hard tumors. For this purpose, boil two or three handfuls of the leaves in wine or vinegar, to which may be added a little flaxseed, and this to be applied warm to indurated or hard tumors. The application of the juice and leaves to cancerous sores is said, in some instances, to have performed a cure.

Oak, *Quercus*—The bark of the oak possesses, in a considerable degree, astringent, tonic and antiseptic properties. Hence, we can never be at a loss for means in those diseases which call for a remedy possessing these properties; as diarrhœa from debility and relaxation, a weakening discharge from the vagina, etc. It also forms an excellent application for flabby and ill-conditioned sores and ulcers.

Onions, *Allium Cepa*—Possess similar virtues with the garlic, only in a less degree. The disagreeable smell which they impart to the breath may be effectually obviated by eating a few leaves of parsley immediately after the onions.

When well borne by the stomach, onions eaten raw have a most happy effect in many cases of nervous debility following acute diseases.

Roasted onions form one of the very best applications for sore throat, mumps, swelling from decayed teeth, earache, and local inflammations generally.

Orange Tree, *Citrus Aurantium*—Is now cultivated in the Southern States, and deservedly esteemed for its

grateful acrid juice, which, by quenching thirst and diminishing heat, is of considerable use in febrile disorders. From its virtues to resist putrescency, it has always, and most deservedly, held the first place on the list of antiscorbutics.

Peach Tree, *Amygdalus Persica.*—Both the flowers and leaves are excellent cathartics, and ought to be preserved by every family. A teaspoonful of a strong infusion, sweetened, and taken every hour or two, will operate mildly on the bowels, without griping, as senna does. Of the syrup, prepared by boiling slowly the juice of the leaves with nearly an equal quantity of molasses, honey, or sugar, a teaspoonful to children and a wineglassful to adults, will also prove a mild laxative medicine.

But peach leaves are not only laxative; they also possess considerable anodyne properties, and perhaps some other property beside these, by which they control inflammation and irritation of the bowels in dysentery.

A decoction, prepared by boiling a handful of the dried leaves in a quart of water to a pint and a half, and taken in doses of a teacupful every two or three hours, is reputed to have proved an effectual remedy in gravel and voiding blood by urine, which had resisted the usual remedies.

Pennyroyal, *Mentha Pulegium*—An infusion, a handful to a quart of boiling water, the dose a teacupful three times a day, has long been esteemed in hysteric complaints and obstructions of the menses.

Peppermint, *Mentha Piperita*—Is an excellent stomachic in flatulent colics, hysteric cases, and vomiting. The usual modes of administering it are infusion, the distilled water, and the essential oil. The last, united with rectified spirits of wine, forms the essence of peppermint, so highly esteemed.

In nausea, cholera morbus, obstinate vomiting, and griping, peppermint, infused in spirits and applied as

BONESET. (*Eupatorium perfoliatum.*)

THORN APPLE. (*Datura Stramonium.*)

hot as can be endured to the stomach and bowels, will be a most valuable remedy.

Pepper, Red, or Cayenne, *Capsicum Annum*—Is cultivated in our gardens; it is a powerful stimulant, and has been found beneficial in chronic rheumatism. Those who are subject to flatulence will find benefit in using it with vegetables and soup. In case of violent pain or cramp in the stomach, no medicine is superior to a strong infusion of red pepper, one or two pods to a half pint of spirits, in doses of from a half to a wine-glassful. It is also useful, both as a medicine and gargle, in putrid sore throat, when infused in water. Steeped in spirits, applied warm to the extremities in chronic rheumatism, or low stages of nervous fever, when the circulation is languid, it has produced the most happy effects.

No other remedy has acted so well in my practice for allaying a tickling, harassing cough, whether from cold or asthma, as a weak infusion of red pepper in cold water. Most persons make it too strong, and then it is apt to occasion dryness; but taken weak, and especially when sweetened with honey, it creates moisture and aids expectoration, and wonderfully soothes the irritation which keeps up the cough.

Pink Root, Carolina, *Spigelia Marylandica*—Grows abundantly in the Southern States, and is deservedly esteemed a *vermifuge*, or destroyer of worms. An infusion, a handful to a quart of boiling water, and one or two teacupfuls night and morning, is the usual form and dose. With the addition of milk and sugar, children will take it almost as readily as their tea. It sometimes occasions disagreeable affections of the eyes; when this occurs, suspend the use of the medicine until these symptoms disappear, and then select from another parcel, or make tea of the tops only, as it is supposed the deleterious effects are in consequence of some other root being attached to it.

Pink root is always considered a valuable medicine

in fevers, as is verified daily, when given to children in a febrile state for a vermifuge, when no other effect has been produced than a removal of the fever.

Plantin, *Plantago*—Has long been employed as an antidote against the bites of snakes, of spiders, and other venomous insects. The juice, when extracted from the whole of the plant, is generally given in doses of two tablespoonfuls every hour, or oftener, until the patient is relieved. It is sometimes given in conjunction with horehound or rue. The leaves, bruised, are considered by some a good application to fresh wounds.

Pleurisy Root, *Asclepias Decumbens*—Has a variety of names, as butterfly weed, flux root, decumbent swallow-wort. It is a beautiful plant, growing two or three feet high, under fences and upland pastures. The flowers are of a bright orange color, and appear in July and August. These are succeeded by long, slender pods, containing the seed, which have a delicate kind of seed attached to them. The root is spindle or carrot-shaped, of a light brownish color on the outside, white within.

This plant possesses great medicinal virtues, and ought, therefore, to be cultivated in our gardens. It has long been employed as a remedy in the treatment of violent colds and pleurisies. No medicine is better calculated than this to produce general and plentiful perspiration without heating the body, and hence its well-merited fame in curing the disease whose name it bears.

It is usually given in infusion, a handful to a quart of boiling water, and a teacupful given every hour or two.

Poison Oak, *Rhus Toxicodendron*—Embraces several species, the most dangerous of which is the swamp sumach. The poison may be communicated, not only by the touch, but also by the smoke, smell, or steam, producing an eruption on the skin, with pain and itch-

ing, and sometimes attended with swollen head and fever. The best remedies which have come under my notice are lime water externally and salts internally.

Poke Weed, *Phytolacca Decandra*—Is known by a variety of names, as American nightshade, coacum, garget, skoke. The berries, steeped in spirits, have long been employed in chronic rheumatism. It has, however, sometimes failed, which may have been owing to peculiarity of constitution, or to the inertness of the bounce or tincture from age, an effect often observed by Professor Barton. From the authority of this learned professor, the juice of the ripe berries, inspissated to the state of an extract, and spread upon a rag, or upon a leaf of the plant, is an excellent application to scrofulous or indolent tumors. The juice of the leaves has been applied in the same manner, with equal advantage. An ointment of the leaves, with lard, is good in various kinds of ulcers. The roots, bruised, are sometimes applied to the hands and feet of the patients in fevers.

To make an extract, expose to moderate and continued heat the juice of the berries or leaves, until, by evaporation, it thickens to the consistency of honey. It may also be made from the root, which is equally efficacious. Boil the roots for some time, strain the decoction, and then reboil it to a thick consistency.

An infusion of the leaves is recommended externally as an admirable remedy for the piles.

The usual form of exhibition is the bounce, a wineglassful three times a day. The bounce is prepared by filling a jug with the whole berries when ripe, and then pouring as much spirits on them as the vessel will contain.

An ointment prepared by simmering slowly the leaves, or a handful of the root scraped in a pint of hog's lard, with a small portion of beeswax, has been used with reputed success in cancers and various kinds of ulcers.

Pomegranate, *Punica*—Is cultivated in the Southern gardens. The fruit is agreeable to the palate, and possesses the properties of subacid fruits. Its rind, boiled in milk, and drunk freely, or in powder, a teaspoonful three times a day, has been used with success in diarrhœas, dysenteries, and other diseases requiring astringent medicines. The flowers possess the virtues of the rind, only in a less degree.

Poplar Tree, or White Wood, *Liriodendrum Tulipifera*—The bark of this noble tree, as well as the root, is an aromatic bitter.

In intermittents, in the last stage of dysentery, and other disorders requiring tonic medicines, it is considered but little inferior to Peruvian bark, and is generally employed in similar doses and forms.

There is another species of poplar, the aspen tree, *populus tremula*, the bark of which, according to Professor Barton, is also an excellent tonic and stomachic.

Poppy, White, *Papaver Somniferum*—Grows in our gardens, and yields a juice which, when inspissated to a proper consistence, is called opium.

Poppy heads are used externally in fomentations and poultices, either alone or conjoined with the leaves of Southern wood, camomile flowers, or other ingredients.

Potato, Sweet, *Convolvulus Batatas*—From this root Bowen's patent sago is prepared, which forms a very nutritious jelly, like arrow-root, and is prepared in the same manner, to which the reader is referred.

The process generally used for procuring the powder of the sweet potato, is to grate the clean roots, wash the mass through brass sieves of different sizes, and collect the flour at the bottom of the vessel which receives the fluid; finally, dry it in pans, either by the fire or in the sun.

Potato, Wild, *Convolvulus Panduratus*—Grows in low grounds and sandy soils, near running water. It trails along the ground several feet, much like a grape-

vine, the root very large, hard and white, running deep in the earth; the leaves triangular; the flowers whitish, with a purple tinge, and bell-shaped. It is called wild rhubarb, and is employed as a purgative, in doses from a tea to a tablespoonful of the powdered root. Professor Barton says that the root, in powder or decoction, has been much recommended in Virginia and other parts of the United States, in cases of gravel. The decoction is prepared by boiling slowly a handful of the root, sliced or bruised, in three pints of water to a quart, of which, in gravel complaints, a teacupful may be taken four or five times a day. Boiled in sweet milk, it has the reputation of curing dysentery.

Prickly Ash and Prickly Yellow Wood, *Zanthoxylum*—Possesses the same virtues. Both species are covered with numerous prickles, whence the name. Both the bark and berry are of a hot acrid taste, and, when chewed, powerfully promote spittle. It is used in this way to cure the toothache; also to cure the palsy of the tongue.

The prickly ash has a great deal of reputation as a remedy in chronic rheumatism. In that disease its operation seems nearly analogous to that of Mezereon and Guaiacum, which it nearly resembles in its sensible properties. It is most frequently given in decoction; an ounce being boiled in about a quart of water.

A tincture prepared by steeping half a pint of the berries, or a handful of the bark, in a bottle of spirits, is much esteemed as a remedy in flatulent colic. It is sometimes employed in this form, in cold phlegmatic habits, afflicted with rheumatism.

Pride of India or China, *Melia Azedarach*—Is now completely naturalized to the Southern States. Independently of its luxuriant verdure and cooling shade, it is highly valuable for its medicinal properties, being now ascertained to be one of the best vermifuges.

Many physicians in the Southern States have witnessed its remarkable effects in destroying and dis-

lodging worms. It has even been found a remedy against the tape-worm.

The common modes of using this medicine are the infusion or tea, and saturated decoction. Of the former, a handful of the bark to a quart of boiling water is given in doses of a small teacupful morning and night. The decoction is made by boiling a large handful of the fresh bark of the root in three pints of water to a quart, which is given to children in doses from a half to a whole wineglassful. Dr. Kollock, of Savannah, observes, when exhibited in the latter form, every three hours, until it operates, he has found it beneficial as a febrifuge in those affections usually denominated worm fevers, but where no worms are voided. The pulp which invests the stone of the fruit, pounded with tallow, has been successfully employed in cases of scald-head.

Pucoon. See *Blood Root.*

Queen of the Meadows—Grows in hedges, and on the sides of meadows, about four feet high; in very rich bottoms, however, it grows much higher than this; the stalk reddish, leaves long, spear-shaped, and opposite each other, flowers purple.

A large handful of the roots boiled in three pints of water to a quart, and given in doses of a teacupful every two hours, is said to be an excellent remedy in suppression of urine, and for carrying off the water in dropsy. An infusion of the leaves or stock forms an admirably pleasant cooling drink in fevers, and excites perspiration.

Raspberry, *Idaus*—Like the rest of the rich subacid fruit, when ripe, the raspberry is wholesome and nourishing. Raspberries, as well as strawberries, held in the mouth, will dissolve tartarous concretions formed on the teeth.

Red Cedar, *Juniperus Virginiana*—Is found from Lake Champlain to the Cape of Florida. The leaves have a strong disagreeable taste, with some pungency

and bitterness. Its most frequent use is in the composition of the cerate employed for keeping up the irritation and discharge of blisters. This preparation is the same with the savin cerate used in Europe, the leaves of the red cedar being substituted for the savin. When properly prepared by boiling the fresh leaves for a short time in about twice their weight of lard, with the addition of a little wax, a cerate is formed, of peculiar efficacy as a perpetual epispastic. When applied as a dressing to a new vesicated surface, and afterwards repeated twice a day, it rarely fails to keep up the discharge for an indefinite length of time. Under its operation, the discharge usually changes from a serous to a puriform appearance, and concretes upon the surface; so that it requires to be removed from time to time, to admit the full action of the cerate.

Internally, the leaves have been found to exert effects very similar to those of the savin. They have proved useful as an emmenagogue, and as a general stimulant and diaphoretic in rheumatism. They have also had some reputation as a diuretic in dropsy.

Rose, *Rosa*—The hundred-leaved, or damask rose, is justly termed the queen of flowers. Otto or essence of roses is obtained from these by distillation, and is doubtless the most elegant perfume in vegetable nature. Independently of their use in this manner, a decoction of its leaves will be found a mild laxative, and, when formed into a syrup, may be given with advantage to children. The conserve of roses is also prepared from them for medicinal purposes.

Rue, *Ruta*—Has an ungrateful smell, and a pungent bitter taste. The leaves are acrid, and when applied to the skin are apt to produce blisters. Employed in the form of tea, they are reputed to be of great service to persons of cold phlegmatic habits. According to Boerhaave, an infusion of the leaves powerfully promotes perspiration, quickens the cir-

culation, removes obstructions, and is particularly adapted to weak and hysterical constitutions, suffering from retarded or obstructed secretions.

Sage, *Salvia*—An infusion of the leaves, or tea, is considered serviceable to persons of cold phlegmatic habits laboring under nervous debility. Sweetened with the addition of a little lemon juice, it forms an exceedingly grateful and useful drink in febrile disorders.

Sarsaparilla, *Smilax Sarsaparilla*—Grows in several parts of the United States. It is a small vine resembling a bramble.

A decoction of sarsaparilla, prepared by boiling a large handful of the root in a quart of water till the third part be evaporated, has long been employed as an auxiliary to mercury in the treatment of venereal complaints. It promotes perspiration, attenuates viscid humors, relieves venereal headache, noctural pains, and disposes venereal ulcers to heal. In rheumatic affections, cutaneous disorders, and scrofula, it is a very useful medicine. It may also be exhibited in the form of powder in doses of two drachms, or extract in doses of one drachm, three or four times a day.

Sassafras, *Laurus Sassafras*—An infusion or tea of the flowers or bark of the root has often been successfully given as a sweetener or purifier of the blood, in scorbutic, venereal, and cutaneous disorders, or where an acrimony of the fluids prevails. Conjoined with bark of dogwood, cherry tree, or oak, it is very useful in obstinate intermittents. The oil externally applied in chronic rheumatism, and also in wens, has oftentimes proved salutary. The pith of the small twigs, in water, forms a mucilage of excellent use for sore eyes, and as an injection in the incipient stage of gonorrhœa. It also affords, when sweetened, with the addition of nutmeg, a palatable jelly, useful in dysentery and febrile diseases. But besides these properties, which are about all that are enumerated in standard works, the sassafras, as the reader who has perused

CAMOMILE. (*Anthemis.*)

POKE WEED. (*Phytolacca decandra.*)

this work already knows, possesses other and more valuable curative powers, which have placed it, in the author's estimation, in the first class of remedies. It does not appear to act especially upon any of the organs of secretion, but it gently stimulates all into increased healthy action; it probably does this by promoting a more vigorous nervous influence. It is also a good blood-purifier; is anti-narcotic—that is, it controls or modifies the action of narcotic vegetable substances, so as to prevent their unpleasant effects, especially of tobacco and hyoscyamus; it is also exceedingly destructive to insect life; and housewives will be glad to learn that the oil applied to the joints of a bedstead will effectually clear it of chinches or bed-bugs; applied in this way every month or two, it will keep them off, though the walls of the tenement may be ever so badly infested with them.

Scurvy Grass, *Cochlearia Officinalis*—Is a pungent, stimulating plant, and in the simple state of a salad, or in the form of expressed juice, a wineglassful three times a day, has long been esteemed one of the best of all the antiscorbutic plants.

Seneka Snake Root, *Polygala Senega*—Grows nearly a foot high, the leaves pointed, and somewhat oval; the stalks upright and branched, the flowers white, the root variously bent and jointed, and supposed to resemble the tail of the animal whose name it bears.

In violent colds, croup, pleurisy, acute rheumatism, and all inflammatory complaints, I can recommend it as an admirable medicine to promote perspiration. The best form of using it is in decoction, a handful to a quart of water, a wineglassful to adults every two or three hours, increasing or lessening the quantity to avoid vomiting and purging.

Professor Chapman recommends it very highly in obstructions of the menses; four ounces of the decoction to be taken in the course of the day, increasing the quantity when the menstrual effort is expected, as far as the

stomach will allow. If this excite nausea, aromatics are to be added, as cinnamon, calimus, and angelica.

Dr. Archer, of Harford county, Maryland, was among the first who noticed the efficacy of this medicine in cases of croup or hives.

He directs a teaspoonful of the strong decoction to be given to a child every hour or half hour, as the urgency of the symptoms may demand, and, during the intervals, a few drops occasionally, until it acts as an emetic or cathartic; then repeat in small quantities, to keep up a constant stimulus in the mouth and throat. Patients who use this medicine should not be permitted to drink any thing whatever for some time after each dose. He employed it in the form of powder in doses of four or five grains, mixed with a little water.

In various forms of dropsy, the seneka root has been resorted to with advantage, and has received the commendations of Percival, Millman, and some others. Its cathartic and diuretic effects are very considerable, when persevered in, in large quantities; and have, in many instances, effected the dissipation of dropsical swellings. In epidemic influenza, a decoction of this vegetable, taken freely at the commencement of the disease, is a medicine of great utility.

Senna, American, *Cassia Marylandica*—Is easily cultivated from the seeds, and ought to be more generally introduced in our gardens.

It has long been employed as a purgative. To increase its effects on the bowels, manna, salts, or tamarinds, are generally added. To correct its ill flavor, and prevent griping, it should be joined with some aromatics, as coriander or fennel seed, ginger, etc. In the form of decoction, a handful to a pint of boiling water, the dose is a teacupful every hour or two until it operates. It may also be exhibited in the form of tincture, to relieve flatulent colics, four ounces of senna to a quart of spirits, with an ounce of coriander seed, or ginger, and a wineglassful the dose.

Sorrel, *Oxalis Acetosella*—Called also sour trefoil, or cuckoo bread; yields, on expression, a grateful acid juice, which has been beneficially used in the scurvy and scorbutic eruptions. An infusion of the leaves makes a palatable diet drink in fevers, and, on being boiled in milk, forms an agreeable whey. A conserve made of the leaves, with double their weight of loaf-sugar, forms an excellent substitute for lemons, and may be given with advantage in all putrid and other fevers where antiseptics are indicated. The leaves bruised, and externally applied to scrofulous ulcers, have produced excellent effects by promoting suppuration and granulation.

South-Sea Tea, or Yaupon, *Alex Vomotoria*—Grows abundantly in the Southern States. It rises about twelve feet high, shooting into many upright, slender, stiff branches, covered with whitish smooth bark; the leaves small, evergreen, and saw-edged; the flowers small and white, and grow promiscuously among the leaves, succeeded by small berries, which become red in October, and remain so all the winter.

It is held in great esteem among the Southern Indians. They toast the leaves and make a decoction of them, which is called black-drink.

An infusion or tea of the leaves is considered as palatable as Bohea tea, and when used freely is a powerful diuretic, and hence of service in the cure of dropsy and suppression of urine.

Sumach, Common, *Rhus Copallinum*—The berries or seeds, when ripe, are red and very acid. An infusion of them, sweetened with honey, is a good gargle for the sore throat, and for cleansing the mouth in putrid fevers.

As a poultice it is valuable for cleansing foul ulcers. It also has considerable reputation as a diet drink in scrofulous and syphilitic diseases. It is said that the juice of the berries will dissolve calculi.

Tansy, *Tanacetum Vulgare*—This plant possesses a

warm, bitter taste, and may be used as a substitute for hops. An infusion of the leaves is recommended for a weak stomach, hysteric complaints, and obstructed menses.

According to Dr. Withering, its seeds are an excellent vermifuge, in doses from a scruple to a drachm, and, if animal substance be rubbed with the herb, it will be effectually preserved from the flesh fly.

Thorn Apple, *Datura Stramonium*—Has a variety of names, as Jamestown or Jimson weed, French apple, Stink weed, etc. Its common name, Jamestown weed, is said to have arisen from the circumstance of a number of sailors being violently diseased by ignorantly eating the boiled plant at Jamestown, in Virginia, at its first settlement. It grows among rubbish and on dung-hills, to the height of two or three feet; flowers in July and August. The corolla is funnel-shaped, and plated white, with a tinge of purple. The capsule is large, egg-shaped, and covered with thorns, which have four divisions, and contain numerous kidney-shaped seeds. The leaves are large, egg-shaped, and deeply indented, of a disagreeable smell and nauseous taste.

Every part of this plant is a strong narcotic poison. Nevertheless, when judiciously administered, it is unquestionably one of the most valuable medicines in our possession. Professor Barton considers it a medicine of great and invaluable powers, especially in cases of mania, attended with little or no fever, or with a cold skin and languid circulation. The form in which he exhibited it was of an extract prepared from the fresh leaves, beginning with a few grains, and gradually increasing the dose to fifteen or twenty grains.

The extract may be made by exposing the juice of the plant to the heat of the sun, or by boiling the bruised seed or leaves in water for the space of four hours; then strain off the liquor, evaporate over a gentle fire, without taking off the scum, until it has ac-

quired the thickness of syrup; then place it in a warm oven, in an earthen vessel, until it becomes of a proper consistence for use. The dose is from one to two grains, or more, for an adult. The saturated tincture is prepared by steeping one or two handfuls of the leaves in a half pint of spirits for a few days.

The stramonium has also been employed externally with the most happy effects. In recent wounds, inflammations, or bruises, the leaves, either alone or united with bread and milk poultice, have been applied to the part with manifest advantage. In the form of ointment, which is prepared by simmering slowly the fresh leaves bruised in hog's lard, with about one-eighth part of beeswax, for an hour, and then strained through a coarse cloth, it will be found excellent for the piles, scalds and burns. It far excels all other applications that can be made to obstinate cutaneous sores, ill-conditioned ulcers, and painful cancerous affections.

Thoroughwort, *Eupatorium Perfoliatum*—Is known also by the following names: thoroughstem, crosswort, boneset, and Indian sage. The first of these names, thoroughstem, has been imposed upon it from the peculiar structure of the leaves, which are opposite, and appear as though the stem were thrust through them. It has received the second name, of crosswort, by which it is known in many parts of Virginia, from the position of the leaves, each pair of which take their organ from opposite sides of the stem, so that they *cross* each other nearly at right angles. "I am at a loss," says Professor Barton, "to refer the word *boneset* to its real origin; but I presume the plant received this name from the great relief which, on many occasions, it has been found to afford to persons laboring under violent remitting and other fevers in which the bones are greatly pained." The resemblance of the leaves of this plant to those of the common sage was long ago remarked by the botanists. Hence the

name Indian sage, by which the eupatorium is known in some parts of Pennsylvania.

This plant flourishes in wet meadows and other moist places. The stalk is hairy, and rises from two to four feet. The flowers are white, and appear in July and August. The leaves at each joint are horizontal, saw-edged and rough, from three to four inches long, and about two inches broad at the base, gradually lessening to a very acute point, of a dark green, and covered with short hairs.

This plant possesses very active powers, and has been exhibited with uncommon advantage in intermittents, remittents, and other diseases of debility. "When exhibited in the form of a warm decoction, a handful of the herb boiled in a quart of water, a wineglassful every two hours, has proved *peculiarly beneficial*," says Professor Barton, "in fevers, by exciting a copious perspiration." In larger doses, it proves emetic, with which view it is used in some parts of the United States as an excellent remedy in intermittents. The dried leaves in powder, in doses of twelve to fifteen grains, are said to operate gently on the bowels. Every part of this plant may be advantageously employed in practice. The flowers, as a tonic bitter, are deemed equal to the flowers of camomile, for which they might be substituted on many occasions.

Thyme, Garden, *Thymus Vulgaris*—Is one of the most powerful aromatic plants, and, as such, is frequently employed in the form of tea in those complaints where the medicines of this class are indicated.

Tobacco, *Nicotiana Tobacum.*—This "obnoxious luxury" is a medicine of the most uncommon powers, being emetic, cathartic, sudorific, diuretic, expectorant, narcotic, and antispasmodic; hence its utility in a variety of diseases.

Happy if this plant "of many virtues" could always be devoted to beneficent purposes, for which, no doubt, it was intended by the all-wise and benevolent Creator.

But, alas! we are constrained to deplore not only the idle and expensive, but too often fatal abuse of it, by snuffing, chewing, and smoking practices, which can not be too severely censured, especially in young persons, and those of weak digestion, consumptive or delicate habits. When used in either of these forms, by persons unaccustomed to its use, it will, in small quantities, produce stupor, giddiness, and vomiting; but, like spirits, opium, and other narcotics, the use of it may be introduced by degrees, so that its peculiar effects, even from large quantities employed, seldom appear.

Valerian, Wild, *Valeriana Officinalis*—Grows abundantly in the vicinity of the Ohio river. It rises two or three feet high; the leaves in pairs, large, hairy, and of a dusky green color; flowers stand in large tufts on the top of the branches, of a pale whitish-red color.

The root, which is the part used in medicine, consists of a number of slender fibers, matted together, and attached to one head, of a brown color, having a strong and unpleasant smell. Valeria has long been recommended as a medicine of great use in nervous disorders, and is particularly serviceable in hysteric cases, as well as in epilepsy, proceeding from a debility of the nervous system. According to Dr. Withering, it is an excellent medicine in cases of habitual costiveness. It should be given in doses from one to two teacupfuls or more, or in powder, three times a day. It seems most useful when given in substance, and in large doses.

Virginia, or Black Snake Root, *Serpentaria Virginiana*—Grows in rich woodlands, from seven to nine inches high, leaves heart-shaped, flowers of purplish brown color. The root is composed of a number of strings, or fibers, issuing from one head, and matted together, of a brownish color on the outside, and pale or yellowish within.

It has an aromatic smell, and a warm, bitterish, pun-

gent taste. It promotes perspiration, raises the pulse, and resists putrefaction. Hence it is especially adapted to the low and advanced stage of typhus or nervous fever. It may be given in the form of infusion or tea, a handful to a quart of boiling water, in doses of a tea-cupful; or in powder, from ten to thirty grains every two or three hours. Conjoined with the Peruvian bark, or any of its substitutes, it is an admirable remedy in obstinate cases of the ague and fever, and other disorders of general weakness. In cold phlegmatic habits, it has also been exhibited in the form of tincture, and when united with double the quantity of dog-wood bark, or berries, it affords a good bitter. Professor Barton observes, that a strong decoction of the root was used with great benefit as a gargle in a putrid sore throat which prevailed in New Jersey.

Walnut, White, or Butternut—Affords one of the finest cathartic medicines in the whole American Materia Medica. The inner bark, boiled for several hours, then strained and reboiled to the consistence of thick honey, forms the best preparation of this invaluable medicine. A common-sized pill or two at going to bed is admirable to remove those costive habits which occasion headaches, loaded stomachs, colics, etc. And in increased doses, say double quantities, it will be found a sovereign medicine in dysentery, bilious fever, and all other complaints requiring aperient medicines, more especially if combined with equal quantities of calomel.

Willow, *Salix*—Professor Barton thinks that our willows possess nearly the same virtues that have been ascribed to those of Europe, and that they might be substituted for the Peruvian bark. The bark of the white willow, smooth willow, and crack willow—so called from the remarkable brittleness of its branches—collected when it abounds with sap, has been successfully employed in intermittent or ague and fever, in doses of one or two drachms. The broad-leaved wil-

MAY APPLE. (*Podophyllum Peltatum.*)

RUE. (*Ruta Graveolens.*)

DANDELION. (*Dens Leonis.*)

low is said to possess greater virtues than either of the above. This species may be distinguished by the shape of its leaves from all others except the bay-leafed willow. The leaves of the latter are smooth and shining, of a deeper green, and have not the downy appearance on the under surface which is so remarkable in this. It is found in woods and hedges, on hilly situations, and delights in cold, clayey, moist grounds.

A strong decoction of this bark resembles port wine in color. It is astringent to the taste, and somewhat bitter. According to Dr. Wilkinson, it is a remedy of great efficacy in most cases where the Peruvian bark is indicated. He directs one ounce and a half (a handful) of the bark to be infused in one quart of water for six hours, then boil it over a gentle fire for a quarter of an hour, and strain for use. Of this, the ordinary dose is a wineglassful three or four times a day. But in ague and fever, the dose may be repeated every third hour in the interval of the fit.

Yarrow—Grows in dry pastures and along the sides of fences, about a foot high; leaves pointed; flowers white, tinged with a little purple beneath.

A handful of the tops of yarrow, infused in a quart of boiling water, in doses of a teacupful three or four times a day, is reputed to be a valuable medicine in dysentery, bleeding piles, and in restraining immoderate flow of the menses.

DIRECTIONS

RESPECTING THE COLLECTION AND PRESERVATION OF VEGETABLE SUBSTANCES.

HERBS and leaves are to be gathered in dry weather, after the dew is off, and are to be freed from decayed, withered, or foreign leaves. They are usually tied in bundles, and hung up in a shady, warm, and airy place, or spread upon the floor and frequently turned. If very juicy, they are laid upon a sieve and dried by a gentle degree of artificial warmth. They should be dried in such quantities at a time that the process may be finished as quickly as possible; for by these means their powers are best preserved—the test of which is the perfect preservation of their natural color.

Flowers ought also to be collected in clear, dry weather, after the dew is off, immediately after they have opened. They should also be dried nearly as leaves, but more quickly, and with more attention. As they must not be exposed to the sun, it is best done by a slight degree of artificial warmth.

Barks and woods should be collected when the most active part of the vegetables are concentrated in them, which happens in spring and in autumn. Spring is preferred for resinous barks, and autumn for those that are gummy. Barks should be taken from young trees, and freed from decayed parts and all impurities.

Seeds and fruits should be gathered when ripe, but before they fall spontaneously.

Roots which are annual should be collected before they shoot out their stalks or flowers. Those which are worm-eaten or decayed are to be rejected. The others are immediately to be cleaned with a brush and cold water, letting them lie in it as short a time as possible; and the fibers and little roots, when not essential,

are to be cut away. Roots which consist principally of fibers, and have but a small top, may be immediately dried. If they are juicy, and not aromatic, this may be done by a moderate heat; but if aromatic, by simply exposing them, and frequently turning them in a current of cold, dry air. If very thick and strong, they are to be split or cut into slices, and strung upon threads; if covered with a tough bark, they may be peeled fresh, and then dried. Such as lose their virtues by drying, or are directed to be preserved in a fresh state, are to be kept buried in dry sand.

The proper drying of vegetable substances is of the greatest importance. It is often directed to be done in the shade, and slowly, that the volatile and active particles may not be dissipated by too great heat; but this is an error, for they always lose infinitely more by slow than by quick drying. When, on account of the color, they can not be exposed to the sun, and the warmth of the atmosphere is insufficient, they should be dried by an artificial warmth, less than one hundred degrees of Fahrenheit, and well exposed to a current of air. When perfectly dry and friable, they have little smell; but, after being kept some time, they attract moisture from the air, and regain their proper odor.

UNIVERSITY OF MICHIGAN
3 9015 06479 5589